

EL MORRO

1st Mission Support Command wins again the Army Communities of Excellence Award



Staff members of the 1st Mission Support Command proudly display a check for \$500,000.00, an ACOE flag and a trophy after winning the Special Category Award during the Army Communities of Excellence Award Ceremony in Washington D.C. Left to right: Lt. Gen. Rick Lynch, Assistant Chief of Staff for Installation Management and Commanding General U.S. Army Installation Management Command; Brig. Gen. Fernando Fernandez, Commanding General 1st MSC; Col. William A Zammit, ACOE Program Manager 1st MSC; Col. Miguel Isaac, 1st MSC Deputy Commander; Command Sgt. Maj. Marcial Felix, 1st MSC Cmd. Sgt. Maj.; Master Sgt. Reinaldo Nieves, ACOE NCO Coordinator; and Command Sgt. Maj. Neil Ciotola, Cmd. Sgt. Maj. U.S. Army Installation Management Command. Story on page 18. Photo provided.



Col. Edwin C. Domingo, Fort Buchanan Garrison Commander welcomes Maj. Gen. Antonio J. Vicens, PR Adjutant General to the Memorial Day Activity. Story on page 7.



Soldiers, Sailors, Marines, Airmen, Coast Guard, Cadets, and Civilian show their colors during the Fort Buchanan Armed Forces Day Run. Above, ROTC Taino Battalion Cadets show their stamina as they do push-ups following the run or are they trying to impress the judges! Guess who won the Commander's Cup? Story on page 9.



Maj. Gen. (Ret) Antonio M. Taguba addresses the audience at the Community Club during the Asian Pacific American Heritage Month event. Story on page 7



FROM THE COMMANDER:

The Fort Buchanan Mission —
Enable customers to succeed by providing sustainable Base
Support and excellent services.



Col. Edwin C. Domingo
Garrison Commander

Two hundred and thirty five years ago, on June 14, 1775, a small group of patriots joined together to fight for their ideals and to defend their country.

Today, a group of more than a million all-volunteer force of the greatest army in the world, the U.S. Army, keeps this fight alive in the defense of our Nation. For those in uniform and for those who once wore it, we are a proud part of the history of our country defending America's freedom. We are the "Strength of the Nation."

"In more than eight years of war, the Soldiers, Civilians and Families of our Army have paid a heavy price — more than one million have deployed to combat, over 3,900 have sacrificed their lives, and over 25,000 have been wounded. They have been stressed and strained like never before.

Yet our Army remains the "Strength of the Nation" because of the quality, commitment, and resilience of our people." This quote was taken from the statement on the posture of the United States Army 2010 submitted to the United States Senate and the House of Representatives by Secretary of the Army, Hon. John M. McHugh and Chief of Staff of the Army, General George W. Casey, Jr. It reflects the commitment of our troops and the sacrifices of our Soldiers and their Families.

Our Nation has gone through a number of challenges. First was the Independence War in 1776, the war of our founding fathers. Then came World War II, the war fought and won by the men and women often referred to as the "Greatest Generation;" a generation of Americans who responded to the call to duty fiercely and valiantly after the attacks of Pearl Harbor. Sixty years later, on September 11, 2001, a new generation of Americans responded with the same determination and patriotism to the call to duty to help win the Global War on Terrorism.

Since the beginning of fighting in Iraq in 2003, there have been more than 4,000 casualties. I don't know how many more casualties will be. The only thing I know is that these patriots, some who died very young,

responded to duty by giving it all, even at the expense of their own lives. We know who they are. They are the grandfathers, fathers, uncles, brothers, sisters, friends and neighbors of all of us. They will always be remembered because we know their loved ones, their wives and mothers, and fathers, and most of all, their children who shall always miss them.

These were the brave men and women who took the Oath of Allegiance as members of the United States Army to defend our Constitution. These were the brave men and women who died honoring their word, their commitment and their loyalty to our great nation.

The commitment of our troops and the sacrifices of our Soldiers and Families are still alive today as in 1776. History has witnessed the Army's participation not only in war and conflicts but in humanitarian assistance to other nations affected by natural disasters, like the recent earthquakes in Haiti; and responding to emergencies in our own soil, like Hurricane Katrina. Our Soldiers are skilled and ready to support any mission — combat against foreign enemies or supporting our homeland defense.

It has been the courageous men and women who proudly wear the uniform of the American Soldiers who are making a difference in

the world. Thanks to their unyielding commitment that freedom and democracy are no longer a dream for men, women and children in other countries.

No situation of conflict or readiness can be viewed in isolation. Our Soldiers are always working and seeking to contribute to a much larger scheme of things. Our Nation was, is, and will always be very proud of the men and women who have shown such endeavor and willingness to answer the call of their duty far beyond than what is expected. Those are the unsung heroes, the sons and daughters of this country who we've blessed as they went to fight for our democratic way of life.

As we celebrate the 235th Birthday of the United States Army, we are thankful of the many generations of courageous Soldiers who have offered even their own life on behalf of the ideals that laid the foundations of our great nation so many generations of Americans — present and future — can live in peace.

For those of us who wear the uniform and for our families, these are times of trial. The Veterans of many wars and conflicts who are still with us have experienced and witnessed the intense emotion of deployments, the bitter taste of leaving loved ones behind to valiantly respond to the call to duty, to defend what we believe -

freedom.

We have an eternal debt with these heroes for all the good they did for this country. They taught their children (our parents) and their children's children (all of us) the value of sacrifice, work and virtue. But most of all, they taught us the love for our country. They became our teachers. Their presence and the words and deeds of their lives, remind us of the things for which we stand and of the courage that is necessary to maintain those things. It is our responsibility to teach others about the sacrifices our Veterans made and our Soldiers are still making. It will be our way to pay tribute to them by helping future generations to understand the essence of patriotism, which lies in the willingness to sacrifice for your country.

I invite you on this Army Birthday and every day of the year to say "Thank you" to your Grandfather who served in Korea, your Dad who served in Vietnam, your cousin who served in Kosovo, your sister who was deployed to Afghanistan and the many members of the Army family. Thank you for your sacrifices. Thank you for taking the lead and saying "Yes" to the call to duty.

On behalf of a grateful nation, thank you. God bless you, your family, the United States Army and our country.



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Supporting Army Soldiers, Civilians, and their Families with Information Technology (IT)

By Lt. Gen. Rick Lynch
Commander, Installation Management Command



WASHINGTON, D.C. – The Installation Management Community is committed to leveraging the power of technology to expand our communication capabilities and enhance our ability to serve and support Soldiers, Civilians, and Families. In today's world, IT is at the core of all we do at work, at home, and at play. Smaller, more powerful, and less expensive

IT products hit the market every day. Becoming savvy with state-of-the-art technology helps us work smarter, learn more efficiently, and play harder.

Over the past six months, I have visited many garrisons, listening to many members of the Army Family to better understand how they prefer to receive information and communicate. Because more than 75 percent communicate and retrieve information through the Internet and other electronic means, I now communicate through my Facebook page and the IMCOM Twitter, Flickr, and YouTube sites. This implements the Deputy Secretary of Defense, 25 February 2010, memorandum that requires DOD unclassified networks be configured for Internet-based capabilities like YouTube, Facebook, MySpace, Twitter, and Google Apps.

Because IT is so critical to how we do business and communicate, I have made IT one of the focus areas of the Services and Infrastructure Core Enterprise (SICE) in my role as co-lead of the SICE board. SICE is a collaborative and cross-functional team of more than 15 commands, organizations, and staff offices formed to develop solutions to Army-wide challenges. Presently, the SICE team is developing plans to modernize and standardize IT services on Army installations. The results will enhance delivery of IT in the deployment process, training, and programs such as Comprehensive Soldier Fitness. Also, look for improved IT to lead to improvements on how we deliver on our promises of the Army Family Covenant and Army Community Covenant.

The most important components of IT – telecommunications, information assurance (IA), and data processing – tie into every aspect of installation management. We use telecommunications to connect Soldiers to their Families by video teleconference when they deploy. Tech-smart Soldiers and Family members use it when they 'tweet' to friends and family through their Twitter accounts. Information assurance (IA) measures and practices reduce risk and ensure our communication and information remain secure from malicious attacks. IA enables Soldiers and Civilians to communicate with Government-issued Blackberries, knowing conversations are secure from unauthorized individuals. Most of us use data processing to manage our bits and bytes of information each day when we work on desktop computers, laptops, scanners and copiers. And, cell phones may be the most powerful device of all since they incorporate all three of these IT components.

Every day, the universe of IT products expands. Mobile handheld devices like the current generation of smartphones open up possibilities only dreamed of a few years ago. The convergence of cell phones, digital cameras, music players, GPS, video games, camcorders, electronic book readers and mobile web browsers rapidly change how we communicate and interact.

Continues on page 14

CSA Gen. Casey discusses progress, future of Iraq

Story and Photo By Pvt. Emily V. Knitter,
1st BCT-A, 3rd ID, USD-C Public Affairs



Army Chief of Staff Gen. George W. Casey Jr. visited 1st Advise and Assist Brigade, 3rd Infantry Division, on Contingency Operating Station Falcon. The visit was part of his brief tour of Iraq to discuss the progress and future of the country with the units key to its future in the upcoming months.

"General Casey is travelling around Iraq, and one of the things he wanted to do was visit an advise and assist brigade," said Col. Roger Cloutier, the 1/3 AAB, commander. "He wanted to come and discuss how we task organized and how we are accomplishing the mission."

His visit not only provided the commanders within the brigade an opportunity to discuss the successes and the future of their mission in Iraq with the CSA, it also provided the Soldiers of COS Falcon a chance to see and interact with the highest-ranking Soldier in the Army. "I think it's a great opportunity for the Soldiers in our brigade to see the senior leader of the Army," said Cloutier. "They don't get to see him very often. The fact that he would travel all this way and we would get an hour of his time is flattering; it makes the Soldiers feel good."

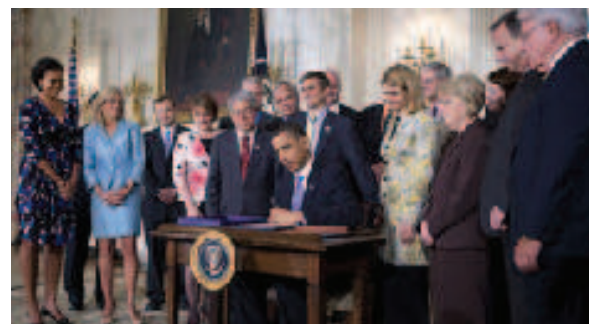
During the brief meeting with Casey, key leaders and commanders also had the chance to hear his opinion on the mission progress to this point. "The benefit [of Gen. Casey's visit] is perspective," said Cloutier. "He has seen the changes, and we had a great discussion about how things have evolved over time, the way ahead, and where we think Iraq is going. It gives you a good feeling when the chief of staff of the Army says, 'Hey, I think you guys are right on track; you understand this complex problem.' And his perspective is that we are doing it right."

Casey, who is in charge of the overall training, shaping, and equipping of the Army, spent time discussing the direction the Army as a whole will be taking in the future. "We have increased the size of the Army almost 90,000 Soldiers since 2007," said Casey. "That enabled us to meet the plus-up in Afghanistan without having to go to 15-month deployments, and still come off of Stop Loss. I used to see the divisions that were 12 to 13 months at home, but when I go around the Army now I'm seeing 17 to 18 months as the normal. And that is going to continue. It's going to continue to the point by the end of 2011, we are going to have 70 percent of the active force at one year out, two years back, and 80 percent of the Guard and Reserve at one year out, four years back."

"Gen. Casey came down to see how we're doing," said Cloutier. He said, "You guys have got it, and I think you are on track." Folks back home should be proud of their sons and daughters. The men and women of this brigade are doing a phenomenal job here. They are far from home, but they understand what we are trying to achieve and they are putting it on the line every day."

Pres. Obama signs veterans, caregivers legislation

By Jim Garamone, American Forces Press Service



President Barack Obama signs veterans caregivers legislation.

WASHINGTON -- President Barack Obama signed legislation on May 5 to improve health care for veterans and to recognize the important role that family caregivers play in the recovery of wounded personnel. Obama recognized retired Sgt. Ted Wade and his wife, Sarah, during his remarks before signing the Caregivers and Veterans Omnibus Health Services Act during a White House ceremony. A roadside bomb wounded Wade when he served in Iraq in 2004, and his wife was an important reason why the sergeant made it through, Obama said. The legislation expands mental health counseling and services for Iraq and Afghanistan veterans, including reserve-component servicemembers.

"We're authorizing the Veterans Affairs Department to utilize hospitals and clinics outside the VA system to serve more wounded warriors ... with traumatic brain injury," the president said before signing the bill.

The new law also increases support for veterans in rural areas with the transportation and housing needed to reach VA hospitals and clinics. It also expands health care for women veterans to meet their unique needs, including maternity care for newborn children, and it allows VA to launch a pilot program to provide child care for veterans receiving intensive medical care. The legislation also eliminates co-payments for veterans who are catastrophically disabled, and it helps veterans who are homeless.

"We're expanding support to homeless veterans, because in the United States, no one who has served this nation in uniform should ever be living on the streets," Obama said. The president said the legislation marks a major step forward in America's commitment to families and caregivers who tend wounded warriors every day.

"They're spouses like Sarah," he said. "They're parents, once again caring for their sons and daughters. Sometimes they're children helping to take care of their mom or dad."

"These caregivers put their own lives on hold, their own careers and dreams aside, to care for a loved one," he continued. "They do it every day, often around the clock. As Sarah can tell you, it's hard physically and it's hard emotionally. It's certainly hard financially. And these tireless caregivers shouldn't have to do it alone."

The law gives caregivers a stipend to care for a severely injured veteran from Afghanistan or Iraq. They also will receive lodging allowances and get the training they need to care for their loved ones.

"If you need counseling, you'll receive it," Obama said. "If you don't have health insurance, it will be provided. And if you need a break, it will be arranged - up to 30 days of respite care each year." The president said the new law recognizes the obligation Americans have for those who served. "Just as we have a responsibility to train and equip them when we send them into harm's way," he said, "we have a responsibility to take care of them when they come home."

The president said his administration has dramatically increased funding for veterans' health care, especially for those with the signature wounds of today's wars: post-traumatic stress and traumatic brain injury. He also mentioned that VA has received its largest budget increase in history last year.



First lady announces presidential directive on Military Families

By J. Elise VanPool
Army News Service

WASHINGTON -- First lady Michelle Obama today announced a new 90-day review to develop a coordinated federal government-wide approach to supporting and engaging military families.

The first lady made the announcement during an address to the National Military Family Association's summit in Washington, D.C., May 12.

"With just one percent of our population -- our troops -- doing 100 percent of the fighting, our military families are being tested like never before," said first lady Michelle Obama. "This government-wide review will bring together the resources of the federal government, identify new opportunities across the public and private sectors, and lay the foundation for a coordinated approach to supporting and engaging military families for years to come."

The review will seek to coordinate efforts of federal agencies in supporting service members and their families.

Specifically, the review will:

- Set strategic military family priorities for the next 10 years and identify key military family concerns and challenges
- Review a cross section of public and private programs to identify the most promising ideas and programs that positively support military families
- Develop options for departments to integrate military family matters into their strategic and budgetary priorities
- Examine opportunities for federal policies and programs to stimulate new, and support existing state and local efforts achieving military family readiness goals and meeting military family priorities
- Identify opportunities to leverage the skills and experience of military family members in national and community life
- Strengthen existing feedback mechanisms for military families to voice their concerns and views on the effectiveness and future direction of relevant federal programs and policies

It is hoped that these combined national efforts will help ensure that the military can continue to recruit high caliber volunteers, maintain family readiness, and help family members achieve success in their own careers. Organizers also hope the initiative will increase understating and support of military families.



Bonuses, incentives offered for under-manned Army jobs

By Alexandra Hemmerly-Brown
Army News Service

WASHINGTON -- New Army recruits with skills critical to the wars in Iraq and Afghanistan are eligible for bonuses, educational help and other incentives if they enlist to serve in the Army's most under-manned jobs.

Incentives include average bonuses of up to \$20,000 for a six-year active-duty enlistment for the most in-demand occupations. Perks such as student loan repayment and the Army college fund can also be offered for the 14 most critical military occupational specialties, or MOSs.

"It's supply and demand," said Jerry Pionk, chief of Enlisted Incentives Branch for Army G-1.

Pionk explained that recruiting quotas take into consideration the difficulty of each job's training. If a job's Advanced Individual Training school is characteristically tough or has stringent qualifications such as a top-secret clearance, the Army will have to recruit harder, knowing that not all Soldiers interested will make the cut.

"If all of a sudden we are recruiting real well, and retaining well, then we will focus bonus money elsewhere," Pionk continued. Recruiting and retention numbers are evaluated and adjusted quarterly, and MOSs are accordingly moved on and off the "critical" list, he said.

However, Pionk said the current most incentivized Army jobs have traditionally been hard to fill.

Native language translators, 09L; air defense tactical operations center operators, 14J; satellite communication systems operator-maintainers, 25S; cryptologic linguists, 35P; and explosive ordnance disposal Soldiers, 89D, are the Army's current top five most in-demand occupations.

Other in-demand MOSs include:

- Microwave systems operator-maintainers (25P)
- Field artillery automated tactical data system specialists (13D)
- Fire support specialists (13F)
- Firefinder radar operators (13R)
- Multichannel transmission systems operator-maintainers (25Q)
- Visual information equipment operator-maintainers (25R)
- Paralegal specialists (27D)
- Land combat electronic missile system repairers (94A)
- Radio and communications security repairers (94E)

"An incentive is designed to shape someone's actions," said Lt. Col. Mark Russo, chief of Army Human Resources Command's Enlisted Personnel Management Directorate Accessions Branch. "If that action is already shaped without the need of an incentive, we might not incentivize them."

Russo explained that many Army jobs which need high enlistment numbers already meet their quotas without the addition of incentives. For example, for 2010, the Army will need to recruit

about 14,000 active-duty infantrymen, but not much in the way of extra perks is offered an infantry recruit, because he has so much competition.

"Some high-demand MOSs that the Army requires in large numbers are not given bonuses or incentivized at all because there are folks out there that want that job," said Russo.

Jim Bragg, the retention and re-classification branch chief at Army Human Resources Command, said there are also several in-demand jobs within the Army that are only offered for current Soldiers. Eligible Soldiers are also offered incentives to pursue a new MOS in some of these career fields.

"We have a couple MOSs that we're having a very difficult time filling, which may offer Soldiers a better promotion opportunity," said Bragg. "We need qualified individuals to step forward and come do those jobs."

Electromagnetic spectrum managers and counterintelligence agents are among the top in-service MOSs that need to be filled from within the ranks. Soldiers can contact their career counselor or retention representative to learn more about in-service jobs.

The Army has offered enlistment bonuses since 1973, when the Gates Commission ended the draft and the military became an all-volunteer force.

"Don't Ask, Don't Tell" online inbox goes live

By Donna Miles
American Forces Press Service

WASHINGTON -- A new online inbox that enables servicemembers and their families to comment anonymously about the impact of a possible repeal of the "Don't Ask, Don't Tell" law has gone live.

The inbox will enable servicemembers and families to offer their thoughts about how a repeal of the law that prohibits gays and lesbians from openly serving in the military might affect military readiness, military effectiveness and unit cohesion, recruiting and retention, and family readiness, a defense official explained.

Defense Secretary Robert M. Gates created an intradepartment, interservice working group to conduct a fair, objective, comprehensive and dispassionate review of these issues, the official said. The online inbox is one method the group will use to systematically engage with the force and their families.

A non-Defense Department contractor will monitor comments made through the inbox and eliminate any identifiable information inadvertently submitted to ensure anonymity, the official said.

The inbox is posted at <http://www.defense.gov/dadt>. Respondents must possess an official Common Access Card to provide input.

Apply for new Scholarship Program

By Rick Maze
Staff writer Army Times

Applications are being accepted for a new scholarship program that lets the children of some deceased service members tap into Post-9/11 GI Bill benefits.

Payments could begin as early as Aug. 1, VA officials said.

Retroactive payments of tuition, a living stipend and book allowance will be available to some children under the Fry Scholarship program, named for a Marine gunnery sergeant, John D. Fry, who was killed in 2006 while deployed to Iraq. Retroactive benefits will cover expenses from August 1, 2009, through July 31, 2010, with applicants required to provide proof of enrollment.

VA officials anticipate about 1,500 children and young adults will use the benefit in the first year.

Fry Scholarships are available to the children of service members who have died in the line of duty since Sept. 11, 2001. The child must be 18 or older. More than one member of a family is eligible to use the benefits, making Fry Scholarships different from the transfer of Post-9/11 GI Bill benefits that require families to share 36 months of tuition and fees.

In this case, eligible children will each receive 36 months of benefits that will

cover full tuition, plus a living stipend and book allowance. Tuition will be capped at the highest tuition and fees charged for an in-state student at a public college or university in the state where they are attending school.

Children will have 15 years to use the benefits, beginning on their 18th birthday, and remain eligible even if they get married.

Children are eligible for Post-9/11 GI Bill benefits, just like a veteran, with several differences.

First, those using Fry Scholarships are not eligible for so-called Yellow Ribbon benefits, where colleges and universities pay above GI Bill rates for tuition and fees for some students.

Second, a child who is not on active duty may use benefits but, like other active-duty members using the Post-9/11 GI Bill, will not receive living and book stipends.

Third, if a child has earned their own GI Bill benefits from their own military service, they may have to forfeit those benefits to use the Fry Scholarship.

Applications will be available online <<http://www.gibill.va.gov/>>. VA also operates a toll-free hotline to answer GI Bill-related questions: 1-888-GI-BILL-1, or 1-888-442-4551.



Creating resiliency is key to effective workforce

By Brenda Lee McCullough, Manager
U.S. Army Garrison - Detroit Arsenal

DETROIT, Mich. -- We all face challenges in our lives at work, at home, with friends and in our finances.

Those of us serving in the Army face the same adversities as everyone else but often have a multitude of other challenges people are not naturally prepared with which to deal. Our resiliency is dependent on the life tools we learn along the way through trial and error or just dumb luck. That's why it's important we provide our Soldiers, Families and Civilians with the tools necessary to face those challenges and bounce back ready to face what's ahead.

Taking care of people is priority number one. Everything else leads back to that. The missions we do and the services we provide are all dependent on our people being healthy and prepared!

Changes in the Army and the way we do business are putting additional strain on us all. In creating a resilient workforce those same tools will transfer to our families which in turn help us all deal with changes and challenges allowing us to excel.

In his book, *Managing at the Speed of Change*, Darryl Conner lists five characteristics of resiliency. These features are to:

- Be Positive - See life as challenging, dynamic, and filled with opportunities.
- Be Focused - Determine where you are headed and stick to that goal so that barriers do not block your way
- Be Flexible - Open yourself to different possibilities when faced with uncertainty.
- Be Organized - Develop structured approaches to be able to manage the unknown.
- Be Proactive - Look ahead, actively engage change, and work with it.

These resiliency features are important in all parts of life but are even more important when applied to the life of a Soldier, Family Member or Army Civilian.

Being positive has a lot to do with faith in self and faith in leadership. The IMCOM Campaign Plan emphasizes programming designed to strengthen faith, instill confidence and help foster a positive attitude. Being focused is often an individual effort but supervisors can play a key role in helping people stay focused professionally through mentorship and performance feedback. Leaders learning people's goals and helping them achieve those goals plays an important part in helping keep them focused as well as motivated.

Flexibility is something most of us learn early in our Army careers. To stay relevant, the Army must change. To stay relevant in the Army, we must change with it. Priorities shift and missions come and go. It's our ability to adapt to those changes that will be the key to our success.

A key to flexibility is organization. Being organized is a learned trait. Sometimes it takes guidance. Sometimes it takes education. We offer both in the Army; guidance from mentors, supervisors and coworkers, education through classes offered throughout the Army.

Army Community Service and the Employee Assistance Program offer classes on organization, how to make keep a schedule and how to set priorities in your life. Organizing the things you can control makes it easier to handle the unknown when it arises.

It's also very important for leaders to be proactive when we're creating a resilient workforce. Waiting for people and programs to break or become outdated will not lead to resilience. Being proactive means looking at those people and programs and constantly adjusting to where the Army is heading. By looking ahead you can modify programs as you see changes coming and always be actively engaged when change occurs.

Through leadership, education and commitment to our Soldiers, Families and Civilians we will be ready to face the challenges the Army and our personal lives present to us.

Official urges Reserve component funding, predictability

By Donna Miles, American Forces Press Service

WASHINGTON -- Emphasizing the critical role the reserve components play in U.S. national defense, the senior Pentagon reserve affairs official emphasized to Congress today the importance of adequately funding the force and providing predictability about deployments.

"As we reinforce policies, implement strategies and continue to call on our reserve components, we must remember that 'judicious use' is still the watchword," Dennis M. McCarthy, assistant secretary of defense for reserve affairs, said in his prepared statement to the Senate Armed Service Committee's personnel subcommittee.

McCarthy was joined by the six reserve component chiefs at his first hearing before the panel since his confirmation in June.

He told the panel he's committed to implementing policies Defense Secretary Robert M. Gates has approved to ensure proper use of the Guard and Reserve, reducing the operational burden on them and ensuring adequate notice about call-ups. These changes, recommended by the Commission on the National Guard and Reserves, ultimately will help to increase the strategic capacity of the total force, he said.

Defense Department officials have written mobilization policies that institutionalize "judicious use" as the core principle of reserve-component participation, McCarthy told the panel. These policies also provide the foundation for predictability within the operational reserve about upcoming deployments, he said.

McCarthy also expressed support for the so-called "continuum of service" concept that enables service-members to transfer between components - active, Guard, Reserve or civilian -- during their military careers.

"The COS program provides greater flexibility and predictability for retaining valuable skills over a lifetime of service to the nation," he said. "In the future, [the Defense Department] will seek necessary legislative changes to assist in duty-status reform."

McCarthy cited progress toward that goal as the department implements 53 recommendations from the Commission on the National Guard and Reserves that Secretary Gates approved in November 2008.

Among the recommendations' high points are improvements in the oversight of equipment readiness and the transparency of reserve component procurement funding, McCarthy told the panel. He also noted the establishment of the Yellow Ribbon GI Enhancement Program that enables colleges and universities to supplement tuition expenses paid under the new Post-9/11 GI Bill.

McCarthy also noted that the fiscal 2011 budget request provides about \$50 billion for pay, training, equipment and facilities to support the reserve components, providing tremendous value.

"The funds provide about 43 percent of the total military end strength for 9 percent of the total base budget," he said.

Providing the proper funding, policies and support programs is essential to ensuring that the National Guard and Reserve are postured to remain a critical, mission-ready element of U.S. national security strategy, McCarthy said.

"Working together, we can ensure that the reserve components are trained, ready and continue to perform to the level of excellence that they have repeatedly demonstrated," he said.

60 Soldiers Reenlist in Nation's Capitol to Celebrate Army Reserve's 102nd Birthday

Story and Photo By Lt. Col. Gerald Ostlund
Office of the Chief Army Reserve



Lt. Gen. Jack C. Stultz, Chief U.S. Army Reserve reenlists 60 soldiers at the U.S. Army Reserve National Capitol Reenlistment ceremony today, April 23, 2010 on Capitol Hill in Washington, DC.

WASHINGTON -- Sixty Soldiers in the U.S. Army Reserve were honored today in the fifth annual National Capitol Reenlistment Ceremony on Capitol Hill to mark the U.S. Army Reserve's 102nd anniversary.

Soldiers from every state and U.S. territory were hand-selected for their accomplishments and overwhelming dedication to the Army Reserve. Among the Soldiers reenlisting were a Silver Star recipient, combat veterans, a Hurricane Katrina volunteer and an expectant mother.

"By re-enlisting here today, these Soldiers demonstrated their commitment to our nation and their communities, and they showed the selfless service and personal courage required to protect our way of life and keep all of our families safe," said Lt. Gen. Jack Stultz, Chief of the Army Reserve and the presiding officer of the ceremony. "As part of the next generation of Army Reserve leadership, they will ensure our ability to shape the force to meet the security challenges of the future."

The National Capitol Reenlistment Ceremony afforded the Army Reserve a unique opportunity to honor Soldiers who have chosen to continue service. Army leaders at the highest level attended the ceremony.

The ceremony today was the culmination of a weeks worth of activities for the participating Soldiers and their families. Soldiers participated in a wreath laying ceremony at Arlington National Cemetery and visited with Congressmen, visited the Library of Congress, and toured the Pentagon.

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Army Reserve Soldiers have played a vital role in every American military and humanitarian mission of the past 102 years. They served in WWI, WWII, Korea and Vietnam; they provided support for public-works projects during The Great Depression. Most recently about 250 Army Reserve Soldiers deployed to Haiti to provide disaster relief in the wake of the January earthquake, and around 15,000 Army Reserve Soldiers are currently deployed in Iraq and Afghanistan.

Note: See more photos on the Army Reserve Flickr Page at www.flickr.com/photos/myarmyreserve



Fort Buchanan Short Shorts

Civilian Personnel Advisory Center - Tip

This week’s subject is the use of the excused absence. I am writing this simply because there are managers that have inquired and requested assistance in the interpretation of the so called “59 minute rule.” This is a personnel issue because it deals with your employment and as such, questions should be directed to the staff at the Civilian Personnel Advisory Center.

It is essential that management uses the rules and intent of the law and regulations effectively when it exercises its right to administratively excuse employees for periods of less than 1 hour. This is not an entitlement and this exercise cannot roll over to the next day when an absent employee comes to work just because the employee was absent on the day that management provided for the excused absence to others.

Below is the language from the Civilian Personnel On Line website that addresses this issue. The following is pro-

vided to get the word to the garrison community that this is not a policy that is an inherent right of the employee, that management should use it sparingly, and that is only effective for those employees under the same Agency/Organization Head, e.g., IMCOM USAG Fort Buchanan Garrison Commander grants 59 minutes to the garrison employees due to severe weather (flooding), only garrison employees (NAF and APF) are excused with Supervisor’s approval and mission permitting, i.e., employees from MEDCOM Rodriguez Army Health Clinic in Fort Buchanan can’t take these 59 minutes unless approved by the Clinic Commander and authorized by their immediate Supervisor.

Please contact your CPAC servicing HR Specialist or Ms. Fabiana Nevado, L/MER HR Specialist (APF) at COMM 787-707-3925 or Mr. Sam McGuinness, NAF HR Officer at COMM 787-707-3988 or DSN 740-3988.

Fort Buchanan Exchange wins the 2009 Commander’s Cup Recognition

By Grace M. Fuentes
AAFES Public Affairs

Fort Buchanan, Puerto Rico—AAFES Commander Major General Keith Thurgood presented Puerto Rico Exchange General Manager Rick A. Mora and Main Store Manager Rochelle Tolentino with the 2009 Commander’s Cup at the MSM/GM Conference recently in Dallas.

The Commander’s Cup is an annual award recognizing stellar achievement and accomplishment in leadership, innovation and business results. Recipients receive a prominent trophy, engraved with the year of the award and exchange name. This cup will be proudly displayed in an area frequented by customers and associates. A monetary award of \$5,000.00 is presented to exchange leaders to celebrate this recognition with their associates.

The Puerto Rico Exchange is anchored by Ft. Buchanan, the only Department of

Defense installation in the Caribbean basin area, where the mission is to support the Reserve Component and the Active Component Soldiers in Puerto Rico and the U.S. Virgin Islands. In Puerto Rico, we serve a very unique customer base of 54,000 of which only 8.53% are Active duty & dependants, 44.95% are Retirees & dependants and 46.52% Nat’l Guard & Reserve.

The Puerto Rico Consolidated Exchange team is up to the challenge every day; a highly motivated and engaging workforce, driven to provide the very best service and shopping experience, dedicated to service with a smile and maintaining a life-long emotional connection with our customers.

Congratulations to Puerto Rico AAFES Team, once again we have demonstrated that: “OUR TEAM AND CUSTOMERS ARE NUMERO UNO”!!!



Motor-Vehicle Occupant Injury

- .. Always use child safety seats and/or safety belts correctly every time you ride.
- .. Restrain children ages 12 and under in a back seat. Read your child safety seat instruction manual and your motor vehicle owner’s manual for directions on proper installation.
- .. Infants, until at least 1 year old and at least 20 pounds, should be in rear-facing child safety seats.
- .. Never put a rear-facing infant or convertible safety seat in the front passenger seat of a vehicle with an active passenger air bag.
- .. Children over 1 year old and between 20 and 40 pounds should be in forward-facing child safety seats. Children should ride in a booster seat until they are at least 8 to 12 years old, weigh 80-100 pounds and are up to 4 feet 9 inches tall
- .. Call the National Highway Traffic Safety Administration’s Auto Safety Hotline, (888) 327-4236, to inquire about any recalls or safety notices on your child safety seat.

CYSS SUMMER CAMPS

SCHOOL AGE SERVICES Summer Camp Registrations are open! Camp runs from June 7th to August 6th, 6:30 am – 6:00 pm. Sports, Field Trips, Arts and Crafts, Bowling and many other fun events are offered. MIDDLE SCHOOL AND TEEN camp will also be offered from June 7th to August 13th. Lots of fun activities and field trips. Sign-up now! For more details please call 787-707-3787 / 3434 or 3783.

‘Are you prepared for a disaster?’ - Commissaries ask patrons to stock up – just in case

By Kevin L. Robinson,
DeCA Public Affairs Specialist

FORTLEE, Va. – Weather forecasters are predicting an unusually active hurricane season for the U.S. Atlantic and Gulf coasts. “Are you prepared?”

That’s the question the Defense Commissary Agency is asking its customers as it advises them to make sure they have enough supplies to withstand a potential disaster.

“Often, we get lulled into a false sense of ‘this won’t happen to us’ when it comes to being prepared for the worst,” said Tom Milks, DeCA deputy director and chief operating officer. “But the lessons learned from the devastation of Hurricane Katrina still hold true five years later.

“We are asking our customers to check the emergency supplies in their households so that they’re ready for any event – whether it’s a natural or manmade disaster,” he said. “As they take stock, we want them to remember that most of what they’ll need is available at their commissary at savings of 30 percent or more.”

Milks said the commissary is a good place to start when it comes to planning for the expected – graduation parties and summertime barbecues – or the unexpected. Although the Atlantic hurricane season begins June 1, Mother Nature has already wreaked havoc inland with devastating tornadoes in Oklahoma and Mississippi and severe flooding in Tennessee, Mississippi and Kentucky.

DeCA’s 2010 summer club pack program – running from July 1 to Sept. 30 – features products that meet the seasonal needs of commissary customers. The program also includes products appropriate for hurricane and tornado preparedness:

food and beverages that don’t require refrigeration, flashlights, lanterns and emergency candles. This section will be displayed in stores an additional month, through Oct. 31. Commissaries are also offering summer water truckload events to help customers stock up.

“Club packs are popular because they allow customers to buy items in bulk sizes similar to what they’d see in a commercial warehouse club outlet,” said Charlie Dowlen, DeCA promotions manager. “From past experience we’ve seen people use club packs to prepare for bad weather events.”

With the coming of the Atlantic hurricane season, the National Weather Service, the National Oceanic and Atmospheric Administration, and the Federal Emergency Management Agency recommend creating a disaster supply kit – <http://www.nhc.noaa.gov/HAW2/english/disaster-prevention.shtml> – that should include the following items:

- Water – at least 1 gallon daily per person for three to seven days.
- Food – nonperishable packaged or canned food and juices, foods for infants or the elderly, snack foods, nonelectric can opener, cooking tools, fuel, paper plates and plastic utensils.
- Blankets and pillows.
- Clothing – seasonal, rain gear and sturdy shoes.
- First aid kit, medicines and prescription drugs.
- Special items – for babies and elderly.
- Toiletries, hygiene items and moisture wipes.
- Flashlight and batteries.

- Radio – battery operated and NOAA weather radio.
- Telephones – fully charged cell phone with extra battery and a traditional (not cordless) telephone set.
- Cash (with some small bills) and credit cards – banks and ATMs may not be available for extended periods.
- Important documents – in a waterproof container or watertight resealable bag.
- Tools and vehicle fuel tanks filled.
- Pet care items – proper identification, immunization records, medications, ample supply of food and water, a carrier or cage, and muzzle and leash.

For more information, visit the Federal Emergency Management Agency Web site: www.fema.gov; the Department of Homeland Security Web site: www.dhs.gov; and the American Red Cross Web site: www.redcross.org.

PX and Hershey to ‘Give Away the House’

Puerto Rico – The Fort Buchanan exchange, in conjunction with Hershey’s Chocolate, is giving away a chance to win a children’s playhouse valued at approximately \$165. Military shoppers can register to win the Little Tikes Playhouse now through June 24.

“With summer just around the corner, this is one ‘sweet’ giveaway and the ideal gift for backyard playtime,” said PX’s General Manager Rick Mora. “The winner will certainly be the envy of the neighborhood.”

Fort Buchanan shoppers can register in-store at the PX located at building 689.



Asian Pacific American Heritage Month Activity

By Luis Delgadillo
Public Affairs Specialist

The military has recognized the contributions made by minority service members for decades but this was the first year Petty Officer 2nd Class Gilmore Consuelo had been selected to be master of ceremonies at such an event.

Consuelo, along with Col. Edwin C. Domingo, garrison commander and retired Maj. Gen. Antonio M. Taguba, hosted guests at Fort Buchanan's Community Club in order to honor service members of Asian-American and Pacific Islander descent May 26.

The trio, all with Philipino roots, took to the podium in remembrance of their Asian American and Pacific Islander heritage and to look ahead to what new boundaries there were to be shattered.

Before the celebration could begin, a somber Consuelo took time to acknowledge injustices, which had been carried out against Japanese immigrants and Japanese American citizens who were rounded up and interned at camps during World War II. With a willingness to prove their loyalty, many young Japanese Americans volunteered to enlist in the armed forces and went on to serve with distinction. Taguba singled out one Army unit in particular.

"We honor the members, the proud members, of the 442nd Regimental Combat Team for their legendary acts of bravery during World War II, earning them some 19 Medals of Honor, complimented by over 18,000 individual declarations for valor to include (more than) 10,000 purple hearts," said Taguba. Even through all they sacrificed Taguba said the members of the 442nd RCT still had to endure poor treatment.

Taguba, who was only the second Soldier of Philipino descent to achieve the rank of major general, even related his own personal experiences with discrimination and prejudice beginning when he was a student at college in Idaho.

He said it was jeers from classmates like, "Hey what tribe are you from?" which motivated him to excel in every aspect of his career, citing advice he says was the best he had ever received, "don't get mad, don't get even ... get ahead."

While acknowledging the importance of celebrating diversity Taguba wanted to impart to Asian Americans, Pacific Islanders and others in the audience, the importance of not settling for low or mid-level careers.

Taguba said a 2006 Census Bureau study of equal opportunity affirmed what he had feared, that Asian Americans showed the lowest chance of attainment of leadership and management positions in three sectors; private industry, universities and federal government, despite having the highest educational attainment of all groups.

"Why is it that in this century we are still struggling with the idea of diversity and inclusion?" Taguba said.

He said the study showed that even with an 86 percent high school graduation rate and a 35 percent college graduation rate, Asian Americans and Pacific Islanders would still not reach equal opportunities for another 75 years, a fact that he found sobering.

"In other words, there is over-representation of Asian Americans in the lower echelons of an organization but low or no representation at the higher echelons," he said.

Taguba cited another study by the equal employment opportunity commission, which in 2008, listed factors that contributed to the misperceptions keeping Asian Americans and Pacific Islanders from leadership positions. Among the five reasons that contribute to under-representation Taguba took issue with one in particular.

Taguba said that according to the study, Asian Americans and Pacific Islanders faced a misperception which stated they, "display a lack of leadership skills, they could be perceived as unassertive and team players more than leaders, and that they lacked self promo-



tion, ... in my opinion this is highly debatable."

Despite all the seemingly insurmountable obstacles, Taguba shined a bright light on the future for young Asian American and Pacific Islanders in the military.

"Recently a few of us old Army retirees ... and several young and very bright Army leaders ... established a mentoring and educational organization that we inaugurated on Veteran's Day of 2007, it's called the Pan Pacific American Leaders and Mentors group (organization) or PPALM,"

Taguba said the organization focuses on promoting service to nation and increasing representation of Asian American and Pacific Islander leaders in the military and civilian workforce and most importantly promoting diversity in the work place.

"The military must absolutely do more in professional developing AAPI (Asian American Pacific Islanders) for leadership positions," he said.

Before relinquishing the podium to the Antilles High School show choir, Taguba related to the audience the importance of holding on to one's values.

"A few years ago ... I had the honor of attending the retirement and award ceremony of a retired US Army Sergeant. A World War II veteran who survived the Bataan Death March. He was finally awarded his Bronze Star and POW medals for his combat experience some 58 years after the war," Taguba said.

"So at 80 years old, he and his wife of 50 years were presented with a retirement and certificates of appreciation respectively, 38 years after he retired from the Army," he said.

The couple he spoke of were his mother and father "It was truly a memorable ceremony that day, which would fulfill this couple's solemn quest for small but significant personal recognition," he said.

Taguba's inspirational words and lifelong service to the nation serve as a prime example of what can be accomplished with hard work and perseverance but he cautioned listeners to remain focused.

"Advancing diversity in the workforce requires bold leadership and inspiration, in my opinion two of the most important values that are sometimes lost in our conversation," he said.



Memorial Day Celebration

By Luis Delgadillo
Public Affairs Specialist



Families, veterans and service members gathered at the community club at Fort Buchanan to celebrate Memorial Day and recognize the sacrifices made by those who answered the call to duty.

The morning's festivities, which were hosted by the Fort Buchanan's Chaplain Corps were just a precursor to Memorial Day weekend activities taking place all over Puerto Rico but the ceremony's intimate setting gave those in attendance a grand understanding of the day's significance.

"On Memorial Day we remember all of those Soldiers (service members) who have fallen. Puerto Rico has many Soldiers who have fought in wars since World War I, World War II, Vietnam and all other wars,"

Puerto Rico National Guard command sergeant major, Command Sgt. Maj. Pedro L. Gonzalez, said.

Gonzalez said one of the reasons Puerto Ricans have been involved in every major war since becoming a common wealth is because many people here "want to contribute to the defense of the nation."

It was this sense of devotion to the nation, which brought veterans and families to the community club.

Veterans representing all conflicts going back to World War II were asked to stand and be recognized during the ceremony, which resulted in cheers and applause.

Retired Col. Ernesto Rivera, who planned to spend the weekend celebrating Memorial Day through prayer and celebration with his family, said he and his many fellow veterans from the Korean War were happy to be in attendance for the event at Fort Buchanan. The same was true for his family members.

"The attitudes of civilians, mothers and children is positive toward the military because we recognize that those who gave their lives in the ultimate sacrifice didn't do it in vain," said Rivera.

There was also a moment in the ceremony, which recognized the absence of those service members missing in action who's fate we'll never know and those held prisoners of war who endured unparalleled loneliness in captivity.

"I want to thank all veterans and service members gathered here today for their dedication and continued contribution to our country," said Col. Edwin C. Domingo, garrison commander, "On behalf of a grateful nation please rise and salute our veterans who made the ultimate sacrifice in defending freedom so that we may all live in peace," he said.





Puerto Rico hosts first IRR muster outside CONUS

Story and Photo By Master Sgt. Brian Kappmeyer
U.S. Army Human Resources Command Public Affairs

FORT BUCHANAN, PR -- After completing a 16-month mobilization and one-year tour to Iraq in 2007, Spc. Juan J. Perez figured he should say goodbye to his wife and three kids again when he was invited to attend an Individual Ready Reserve muster.

But after signing in, Perez quickly realized he was not being mobilized for another combat tour. Instead, he and other IRR Soldiers spent the day recently updating their records and learning about their benefits and entitlements, including promotion, schooling, health care and civilian job opportunities.

"One of our biggest challenges is ensuring that Soldiers understand this is a muster, not a mobilization," said Lt. Col. Craig Smith, Human Resources Command's muster team chief. "We do not mobilize Soldiers at musters. We are here to ensure Soldiers are getting registered for the benefits they have earned. The VA, the Army, and service organizations have more to offer than most Soldiers can even begin to realize."

In fact, 17 veteran support agencies attended the Puerto Rico muster to talk about their services and tell Soldiers about opportunities that could benefit them and their families. Musters have come to resemble career and education fairs with "vendor" booths set up between the muster stations.

"The muster program gives us the chance to collect required information from our IRR Soldiers, but it also gives them a chance to learn about the services and benefits available to them," Smith said. "A lot of opportunities can open up for them through either more active IRR participation, membership in a Reserve unit, or volunteering to mobilize in support of overseas contingency operations. We are giving the IRR Soldiers the tools to make an informed decision and help them determine what works for them."

Thousands of IRR Soldiers will muster in 19 cities from January to August 2010. The Puerto Rico muster represents the first muster to be held outside the contiguous states. It's an expansion of a successful program that began in 2007 with just four musters.

"The team is venturing outside the continental United States this year for the first time because we realized it was important to offer our services to those Soldiers as well," Smith said, adding that overseas musters are planned in the future.



Sgt. 1st Class Gabriel Almodovar, Army Reserve Careers Division Region 5, Puerto Rico, answers questions and discusses opportunities with Spc. Abimael Marrero during an Individual Ready Reserve Muster at Fort Buchanan, Puerto Rico.

A Soldier typically becomes a member of the IRR after successfully completing several years of active-duty or Selected Reserve membership. Soldiers may transfer to the IRR to fulfill the remainder of their contractual military service obligation, normally eight years.

An annual requirement, mustering is a one-day event for which IRR Soldiers are paid about \$200. Many IRR Soldiers will complete a Personnel Accountability Muster, which is a one-on-one visit with an Army Reserve Career Counselor. But several thousand Soldiers will gather at group events called Readiness Musters, such as the one held at Fort Buchanan.

Last year, HRC partnered with Veterans Affairs to hold five Readiness Musters at VA facilities, which proved such a successful venture that nine Readiness Musters will be held at VA facilities this year, with the remaining musters conducted on Army posts and Army Reserve centers.

Readiness Musters have not only increased in number but in scope and services offered, as the IRR Soldiers mustering at Fort Buchanan learned.

One of the first individuals to arrive at the muster site was Johnny Dwiggins with the Armed Forces Employer Partnership - for-

merly called the Army Reserve Employer Partnership Initiative. Dwiggins said the organization partners with more than 900 public and private-sector employers and attempts to match the needs of the employers with Soldiers in thousands of job opportunities.

"The Soldiers already have many of the skill sets the employers are looking for and already meet many of the job requirements," Dwiggins said. "The partners are eager to hire the Soldiers because of their experience and qualifications."

Spc. Maria Sepulveda was pleasantly surprised to meet Mr. Dwiggins; she thought she would just be completing paperwork at the muster.

"There were a lot of job opportunities that we were told about and how to go to the Web site to find out more," she said.

A former National Guard member, Sepulveda was also excited to learn that IRR Soldiers can go to schools, get promoted and volunteer for active-duty tours.

"I would tell other IRR Soldiers in my situation that they should come to the muster with questions and find out about the benefits of being an IRR Soldier," Sepulveda said.

HRC partnered with the 81st Regional Support Command and the 1st Mission Support Command to support the muster and coordinate the effort to bring 17 service agencies to Fort Buchanan for the day.

Lt. Col. Gayle Scott and Sgt. 1st Class Beverly Robinson, of the 81st Soldier Readiness Processing Team, were praised by Maj. Gerald Bradford, HRC Muster Team operations officer. "The 81st SRP Team personnel were professional and they catered to the needs of the IRR Soldiers," he noted. "They also assisted IRR Soldiers' family members who attended the muster by answering their questions and provided them with information that would be of help to them during the time their servicemember is serving in the IRR."

Others singled out for recognition were Capt. Domingo Cartagena of the 1st MSC and Master Sgt. Madeline Santiago, area leader for Army Reserve Careers Division

Region 5, who assisted in coordinating with local agencies to send representatives to the muster "and were a major reason that the event was a success," said Bradford.

"It has been awesome to help all of these Soldiers - to bring them together to find out all of the benefits that they can receive," said Santiago, who is responsible for 11 career counselors in Puerto Rico. "Our goal was for all of the IRR Soldiers to make contact with the career counselors. I wanted the IRR Soldiers to know from the counselors all of the benefits that are out there for them."

Army Reserve Career Counselor Sgt. 1st Class Gabriel Almodovar said many of the issues he dealt with were medical concerns of the Soldiers and he ensured they received attention from the medical personnel at the muster. Many of the repeated comments he heard from the Soldiers included, "Nobody told me I could have an ID card, or that I could get promoted, or that I could shop in the post exchange or commissary."

The IRR Soldiers also learned about the benefits of transferring to the Selected Reserve, such as the opportunity to enroll in health, dental and life insurance plans. In the last three years, 7,195 IRRs transferred to the Selected Reserve through the IRR Muster Program.

Almodovar stressed how important it is for IRR Soldiers to keep their contact information up-to-date. "For someone to miss everything here today because we didn't have a good address or phone number is too bad."


After his medical screening, Perez said he was particularly glad he'd attended the muster. "The medical screening helped me learn that I had high blood pressure and now I can get additional medical treatment and take care of it," he said. The VA staff on site also helped him register and learn more about benefits available such as home loans, he said.

Sgt. Johnny Quiles previously attended a one-on-one Personnel Accountability Muster with a career counselor and said the thought of being mobilized didn't go through his mind when he was scheduled to attend the Readiness Muster at Fort Buchanan. One of the many benefits the former active-duty Soldier and Operation Iraqi Freedom veteran said he discovered at the muster was that, as an IRR Soldier, he remained eligible to use the post exchange and commissary. Quiles' military obligation ends next year, but as a husband and father of two girls, he said he plans to remain in the IRR because of his family.

The Army continues to evaluate and change the muster format to provide more services to the Soldiers and enhance the value of the experience. Smith says he would tell Soldiers unable to attend a muster that they are missing out on one of the best opportunities the Army has to offer.

"Mustering is a great return on investment for Soldiers. On top of the opportunity to enroll for VA health care, hear about public and private-sector jobs, and get connected with veteran support agencies, Soldiers receive a \$200 stipend for completing muster duty," Smith said.

IRR Soldiers seeking additional information about the muster program may contact the Muster Team at 877-303-2400. For more information about U.S. Army Human Resources Command, visit www.hrc.army.mil



How to Speak Puerto Rican

by Joseph Deliz Hernandez, Esq.

"Dime con quien andas y te dire quien eres."

Literal Translation: Tell me whom you walk with and I'll tell you who you are.

Social Meaning: If a person socializes with the dregs of the neighborhood, then most likely, he, too, is a bum.

The proverb advises people to choose their friends well because they could be falsely labeled the same. If a person is a drug addict, then everyone will think his friends are, too.

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Fort Buchanan Garrison Celebrates Armed Forces Day Run

By El Morro Staff

Photos By Guillermo Morales



On 14 May 2010, U.S. Army Garrison Fort Buchanan celebrated its traditional Armed Forces Day Run. The run was led by Brig. Gen. Fernando Fernandez, Commanding General of the 1st Mission Support Command who indicated that words were not enough to express how proud he felt to see this year's theme "United in Strength" become a reality with the participation of all sister services and civilian warriors together as one.

"It is days like this, when I see you and think about our fellow Soldiers and members of the Armed Forces still fighting around the world that my heart cannot contain the feeling that shouts to the world, I am proud to be an American Soldier," stated Fernandez.

A strong Hooah echoed all around from those participating in the morning event!

He added, "I am humbled by your presence, the men and women in uniform, the bravest and finest Soldiers, Sailors, Airmen, Marines, and Coast Guardsmen of the best armed forces in the world, joined by the new generation of our military family, the ROTC cadets, Antilles High School Junior ROTC and our civilian warriors."

It was evident that the defense of our Nation has many faces. It is this spirit of camaraderie that brings together the defenders of our Nation on land, air or sea as a military family stronger than ever. And off they went in a caravan of mass formations under a light sprinkle of rain as to refresh their efforts and commitment to be the best. The competition started and the judges followed!

During the run units were evaluated and given points for formation, uniformity, motivation and integrity, they were also penalized for losing team members. Unit with the highest score would take home the Commander's Best Unit Performance Award.

From a distance you could hear them as they rounded the fire station at the tunes of: "Off we go into the wild blue yonder, climbing high into the sun... From the Halls of Montezuma, to the shores of Tripoli... First to fight for the right and to build the Nations' might... Aye! We've been "Always Ready," to do, to fight, or



die... Anchors Aweigh my boys, Anchors Aweigh" Once back, Master Sgt. William Russell proceeded to announce the winners of the commander's run competition as Brig. Gen. Fernandez and Lt. Col. Gerald Savage, Garrison Deputy Commander handed out the awards. In third place the Puerto Rico National Guard, second the 1st MSC and the winners were the proud, the few, the Marines, who brought back a nostalgic moment as they ran the entire course in BDU with boots. The Army and Air Force ROTC came in tied at fourth.

Fernandez ended the event by thanking all servicemen and women who continue to protect our democratic way of life, for defending liberty and for their commitment to preserve peace for future generations at any cost. He concluded, "We are eternally grateful for your service to our country. You are the best! God bless you, our Nation and our Armed Forces, Hooah!"

Photos top left clockwise: Brig. Gen. Fernandez and Master Sgt. Russell leading the run; Service members display Armed Forces colors while running; excited Garrison Soldiers; CBWC Soldiers ending run; US Coast Guard all the way; Civilian platoon arrives all smiles and sweat; Air Force ROTC in perfect cadence; PR National Guard show their colors; 1st MSC Soldiers arrive all present and accountable; The Proud, The Few, The Marines and the Winners.





Garrison and First Mission Support Command come together for Alcohol and Drug Prevention Training

Story and Photos by: Myrna M. Llanos, ASAP Prevention Education Coordinator



(Above) Ms Norma Rivera from the 1st MSC and Ms Myrna Llanos from ASAP in joint effort for training Soldiers. (Below) Ms Rivera talking about trends in drug abuse in the Army Reserve.

Fort Buchanan Directorate of Human Resources (DHR) Army Substance Abuse Program (ASAP) and the First Mission Support Command (1st MSC) combined their expertise at Camp Santiago to train Soldiers in the prevention of alcohol and drug abuse on May 22, 2010. The training team consisted of members of both the Fort Buchanan ASAP and the 1st MSC Alcohol and Drug Control Office.

Unit Commanders ensured maximum participation, and the 2 ½ hour training session began promptly at 1900 hours with a total of 298 Soldiers in attendance.

The training was kicked off by the 1st MSC with an introduction about who we were and why we were there, followed with some general information about drugs. In the spirit of the combined training theme, the Fort Buchanan ASAP office followed with a discussion about the most abused drugs by Soldiers. These included illegal drugs and alcohol with their physical and mental effects and consequences when they are abused.

In addition, information was provided about energy drinks, prescription and over-the-counter drugs and herbal medicine. Once again the 1st MSC took over the training and presented statistics in the latest trends in drug use of Reserve Soldiers

and of results. Following that portion of the training were three skits depicting real life situations. This type of roll play/training conducted by 5 soldiers demonstrated how drug abuse and positive screening on a drug test can affect Soldiers.

The training is geared to send a strong message to the Soldiers about not abusing alcohol or using illegal drugs and how it affects not only their physical and mental health, family and social life, but also their Army career as well. Several times during the training, the Soldiers were reminded that they should stay sober and away from drugs if they wanted to stay in the Army.

Pamphlets, brochures and other training aids were also provided to participants. Give a-ways with alcohol and drug prevention messages were raffled at the end of the presentation.

A video message by the Commanding General of the 1st MSC emphasizing the importance of Alcohol and Drug Abuse Prevention was played for the audience.

This activity was the first of many to come and is a team effort between 1st MSC and USAG to train our soldiers in the Prevention of Drug abuse.

“US Army Garrison and 1st Mission Support Command joining hands together to Fight the War Against Drugs!”



CSM Berlingeri assumes responsibility of the Cobra Battalion - 2nd/348th

Story and Photos By Capt. Lilliana Alemán



(L to R) Master Sgt. Francisco Monserrate, Lt. Col. Isarel Meléndez, and Command Sgt. Maj. René Berlingeri.

Command Sgt. Maj. René Berlingeri-Otero assumed responsibility of the 2nd Battalion 348th Regt. after Master Sgt. Francisco Monserrate relinquished responsibility of its troops on March 1st, at the Headquarters, US Army Garrison building, in Fort Buchanan.

Prior to the change of responsibility ceremony, Berlingeri was promoted from Sgt. Major to Command Sgt. Maj. and received Resolution No. 1207, approved by Puerto Rico’s senate unanimously. Sen. Norma Burgos, and former governor of Puerto Rico, Dr. Pedro Roselló gave him a copy of the resolution in recognition for his promotion and for being the youngest noncommissioned officer in Puerto Rico to ever achieve this rank.

“Cmd. Sgt. Major René A. Berlingeri-Otero has attained the rank of Command Sergeant Major at the age of 38 [...]. This achievement has made him the youngest Puerto Rican to attain this rank within the United States Army Reserve detailed in Puerto Rico,” read the resolution.

Lt. Col. Israel Meléndez, commander of the 2nd, 348th Regt., thanked Monserrate for taking over as acting Command Sgt. Maj. and exhorted Berlingeri to adapt to an environment that is constantly changing. “I expect you to tell me what I need to hear, not necessarily what I want to hear,” said Meléndez.

Monserrate took over after Command Sgt. Maj. Juan C. Marín went on active duty status, prior to the unit’s ability to find a replacement. “There is no such thing as an ‘acting sergeant major;’ either you do it or you don’t,” were Monserrate’s farewell words.

Berlingeri thanked all the people who played a determining role in his career and emphasized that leaving the 1st Mission Support Command (MSC) was necessary in order to develop and improve furthermore his career. “To the Soldiers of the 2nd Battalion 348th Regt., expect from me loyalty, commitment, dedication, and leadership. I expect you to have the NCO Creed as your guide,” said Berlingeri.



(L to R) Col. Thomas S. Hollis and former governor of Puerto Rico, Pedro Roselló pins Command Sgt. Major René Belingeri, who was also awarded the Meritorious Service Medal.



Antilles Elementary School Teachers and Students hold a Mural Drawing Contest

Photos provided by AES Staff



Mrs. Marie Rivera with her first grade students who were first place winners.



Mrs. Janet Lopez with her second grade students who also finished in 1st place.



Second graders with teacher Ms. Anivet Lopes finished second in their category.



The entertainment for the activity was provided by Ms. Enid Lopez's first grade singers who stole the show by their artistic contribution.



Third place in the 2nd grade category went to Mrs. Maria Chafrey's students.



Antilles Elementary School Parent Teacher Organization members Mrs. Karen Lecha and PTO President Mrs. Marta Santiago.



People & News



Mr. Casimiro Cabranes is the new Military Pay Supervisor of Defense Military Pay Office-FT Buchanan, P.R. effective May 9, 2010. A native of Toa Alta, Cabranes retired from the U. S. Army in 2001 with the rank of Sgt. 1st Class.

Prior to this assignment at Fort Buchanan, he served as a Military Pay Technician for DMPO-FT Buchanan, a position he assumed on August 13, 2001. He was responsible for military pay for Active Duty, National Guard deployed, and US Army Reserve military pay and travel pay.

He joined DFAS after completing a 23-year career with the U.S. Army, where he served as Chief of Military Pay and Finance NCO. His active duty assignments included tours in Germany, Korea, Fort Buchanan, P.R., Fort Eustis, VA., Forces Command, Fort McPherson, GA., Fort Hood, TX. and Fort Stewart, GA.

His military education includes the Finance Specialist Course, Command and General Officer Course, Advance NCO education Course, Total Army Retention Course, Joint Service Officer Professional Development Course, Joint Service Operations Course and the US Army Recruiting Course. He earned a bachelor's degree with honors in Business Administration from University of Phoenix, Guaynabo, P. R.

His awards include: Defense Meritorious Service Medal, Meritorious Service Medal, Army Commendation Medal w/5 Oak Leaf Cluster, Joint Service Achievement Medal, Army Achievement Medal w/5 Oak Leaf Cluster), National Defense Service Medal, and the Army Good Conduct Medal (6th Awards).



Admin Support Day was highlighted by the recognition of admin employees by their respective command during the Fort Buchanan Administrative Recognition Luncheon. Event was co-sponsored by Garrison Commander Col. Edwin C. Doming (left), Rodriguez Army Health Clinic Commander, Col. Virginia Yates (right) and Mr. Miguel Issac, 1st Mission Support Command (right rear).



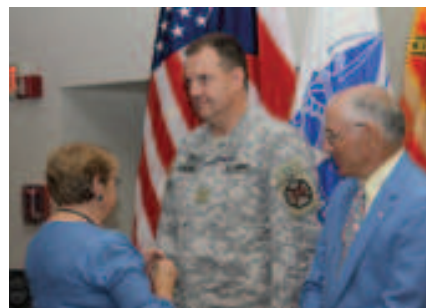
Lt. Col. Gerald Savage, Deputy Garrison Commander presents Sgt. 1st Class Herman M. Padin, NCOIC Casualty Assistance Office his well earned retirement certificate during a retirement ceremony at the Fort Buchanan Community Club. Padin was also awarded the Meritorious Service Medal for exceptional contributions to the United States Army. A career that spanned 26 years of honorable service to our country and the U.S. Army.



Pvt. 1st Class Jose R. Carpena Nuñez proudly carries the 1st MSC Garita Colors in a Ceremony held at the National Cemetery, Bayamon, PR on May 31, 2010 commemorating Memorial Day.



Brig. Gen Fernando Fernandez, Commanding General, 1st MSC presents the Commander's trophy to the Marine Forces Reserve for winning the Armed Forces Day Run, while Lt. Col. Gerald Savage (rear) and Master Sgt. William Russell (right) look on.



In an emotional farewell ceremony in the Fort Buchanan Community Club, U.S. Army, Chaplain Kenneth E. Lawson was promoted to Colonel and awarded the Meritorious Service Medal for his exceptional performance as Fort Buchanan Garrison Chaplain.

Gabriel García Márquez, famous writer and Nobel prize for Literature in 1982 wrote: "If God, for a second, forgot what I have become and granted me a little bit more of life, I would use it to the best of my ability."

This is exactly what his fellow writer, Chaplain Lawson has done. He has lived his life to the best of his abilities. He will now carry the Lord's message back to CONUS.

Lawson's modest beginnings speak highly of the values his family taught him. His grandparents came from a long line of under educated but hard working fishermen and mill workers. His grandfather was in the Merchant Marines during World War II and was stationed in Puerto Rico. He worked as a radioman on merchant marine vessels searching for German U-boats in the Caribbean. He was injured in a confrontation with a German U-boat in the coast between Rincón and Isla de Mona.

On his Dad's side, his family immigrated to Massachusetts from Denmark and married into an immigrant family from the Azores. So his Dad, Roger, is Danish and Portuguese. His Mom's family immigrated to the U.S. from England; Carol being the first generation American. So this Danish, Portuguese, English and almost Puerto Rican, American boy who loved to play basketball was the first one to complete college. Ken-



neth E. Lawson was born a leader.

In 1986 Chaplain Lawson received another call to serve God in another way. He married Vera. So, he was a Soldier who became a husband and then a father when in 1989, 91, 95 and 97 was blessed with four beautiful children –Andrew, Arthur, Mark and Margaret.

Chaplain Lawson has proven to be a gentleman, and officer, but most of all, a man of God. He has advanced in his career by being humble and waiting for God's plan to take place. Rather than concentrating his energy in gaining the next highest rank using any kind of tactic to reach the goal, Chaplain Lawson kept his mind clear, focusing on faithfully, serving others and leaving the rest to God. Like 1 Peter 5:6 says: Quote "Humble yourselves, therefore, under God's mighty hand, that He may lift you up in due time." End of quote. And the time has come.

Lawson learned this lesson by heart when he said, "The best decision I ever made in my life was to get right with God. The second best decision I ever made was to marry Vera, my wife for almost 24 years. The third best decision I ever made was becoming an Army chaplain."

We know this faithful Soldier will continue serving others in gratitude for all the blessings he has received and will continue receiving along with a prosperous military career as an Army chaplain.



Photos by Marcos Orengo, DPTMS-VI



Recalled helmets 'no direct risk' to Soldiers

By Master Sgt. Doug Sample
Army News Service

WASHINGTON -- The Army recall of 44,000 Advanced Combat Helmets that were issued to Soldiers in Iraq and Afghanistan is the result of a Department of Justice investigation as well as independent tests that show the helmets do not meet Army standards, officials confirmed today.

However, the defective helmets are not a "direct risk" to Soldiers, said Brig. Gen. Peter Fuller, the Program Executive Officer Soldier. He said during a meeting with reporters today that while the helmets failed to meet Army standards, there is no evidence that any Soldier was ever harmed from their use. He said the defective helmets still provided a safe degree of protection, but "just not up to our standards."

Although the helmets pose no direct risk to Soldiers right now, Fuller said the Army is using "an abundance of caution" to pull the helmets out of the field.

"Our objective is for every Soldier to be confident in wearing what they have, and we're not as confident because of some of the procedures the manufacturers used, and we just want to make sure we get them out of the field," Fuller said.

The recalled helmets represent about 4 percent total of the Army inventory, Fuller said. Since officials cannot be sure where all the helmets were issued, they are telling every Soldier who has an ACH to check the tag to see if the helmet was manufactured by ArmorSource.

Fuller said the Army issued an urgent directive May 13 to combatant com-

manders in Iraq and Afghanistan calling for the immediate turn-in of helmets manufactured by the contractor. He heads up PEO-Soldier, an organization that oversees the development and testing of equipment for the Army from its headquarters at Fort Belvoir, Va.

The recall, he explained is the result of a Department of Justice investigation and individual tests conducted at Aberdeen Proving Ground, Md., that proved the helmet, which was manufactured by ArmorSource, did not meet Army standards. The general could not elaborate on the DOJ findings because of the ongoing investigation.

"Our number-one mission is to ensure every Soldier's lethal-survivability equipment can survive in any environment, and a helmet is a personal piece of equipment that provides that survivability," Fuller said. "We want to make sure they never have any question as to whether or not this will be able to stop what it needs to stop."

Fuller said the Army began the recall process immediately upon notification of the DOJ investigation and after the results of independent testing revealed flaws in the ballistic capability of the helmet. In January, the Army was notified by the DOJ of the investigation, after the paint on some helmets began peeling. The helmets were then subjected to further tests by the Army which determined the ballistic defect.

Fuller said as a precautionary measure the recall notice was issued. "Because of the testing and additional information we got from the Department of Justice, we wanted an abundance of caution to



Army officials say the defective helmets are not a "direct risk" to Soldiers. Brig. Gen. Peter Fuller, the Program Executive Officer Soldier, said during a meeting with reporters May 17, 2010, that while the helmets failed to meet Army standards, there is no evidence that any Soldier was ever harmed from their use.

Courtesy photo

pull all these helmets out and give them (Soldiers) another helmet that we know is perfect pedigree," he said.

Thus far PEO-Soldier officials said none of the recalled helmets have been found at the Bagram Airfield Central Issue Facility, the main supply hub for troops in that theater.

Mike Brown, the director of Supply for Army G-4, said the process of inspection is underway right now in Iraq and Afghanistan, and he emphasized that "Bagram reported today none of them have fallen into the source that we are talking about."

Brown also said some direct exchanges of the helmet have begun to trickle in.

"So there are two types of inventories going on right now, one within the command, of a physical inspection of every helmet, of every Soldier, and the second, the CIF (Central Issue Facility) are checking their on-hand stocks."

Command Sgt. Maj. Bernard C. McPherson, the PEO-Soldier senior enlisted advisor, also pointed out the Army

is working at every level to ensure all affected helmets are accounted for, adding that "Helmets in the field will be detected during pre-combat checks and inspections by sergeants and leaders."

Col. William Cole, project manager for Soldier Protection and Individual Equipment, said ArmorSource, until recently, had manufactured roughly 102,000 of the Advanced Combat Helmets, and of that number, he said 55,000 helmets are still in the warehouse supply system, and about 3,000 were issued to other services through the Defense Supply Center, Philadelphia.

Cole admitted the Army cannot put its finger on all the recalled helmets. "That's why we are doing this through diligence right now to find them."

PEO officials said the recall represents about four percent of about 1.6 million Advanced Combat Helmets in the Army's inventory. The Army has three other helmet manufacturers. They are MSA North America, BAE Systems, and Gentex Corp.

Senate confirms Army General to lead new Cyber Command

By Donna Miles
American Forces Press Service

WASHINGTON -- Defense officials are lauding the Senate's confirmation of Lt. Gen. Keith B. Alexander, director of the National Security Agency, to also lead the new U.S. Cyber Command.

The Senate confirmed Alexander on May 7, approving his promotion to four-star rank to lead both organizations at Fort Meade, Md.

"We are pleased that the Senate has moved forward with his confirmation," Pentagon spokesman Bryan Whitman said. "General Alexander brings to the job the leadership to stand up this command, and the skills and expertise that will be critical to the new command in dealing with security challenges in the cyber domain."

Defense Secretary Robert M. Gates created the new command in June in light of growing threats against the Defense Department's computer networks, the corresponding threat to national security and the need for unity of command to address the problem.

Cyber Command, which is subordinate to U.S. Strategic Command, must strike a balance between protecting military assets and personal privacy, Keith told the Senate during his mid-April confirmation hearing. His main focus at Cyber Command, he told the panel, will be to build capacity and capability to secure the networks and educating the public on the command's intent.

"This command is not about an effort to militarize cyberspace," he said. "Rather, it's about safeguarding our military assets."

The Department of Homeland Security has oversight responsibility for the "dot-gov" Internet domain, Alexander said. Cyber Command is responsible for "dot-mil" security, he said, and for giving early warning of cyber threats to the United States and providing people and capabilities to support any homeland threat.

Alexander has served as director of the National Security Agency and chief of Central Security Service since 2005.

US Army releases 2010 modernization strategy

By Army news release

WASHINGTON -- DA released last April the 2010 Army Modernization Strategy (AMS).

"The goal of Army modernization is to develop and field the best equipment available to allow our Soldiers to be successful against our enemies," said Gen. George W. Casey Jr., chief of staff of the Army. "We must continue to transform into a force that is versatile, expeditionary, agile, lethal, sustainable and interoperable, so that our Soldiers will have a decisive advantage in any fight."

The Army plans to achieve its 2010 modernization goals by developing and fielding new capabilities; continuously modernizing equipment to meet current and future capability needs through procurement of upgraded capabilities, reset, and recapitalization; and meeting continuously evolving force requirements through Army priorities and the Army Force Generation Model. Equipping individual Soldiers and units is a core Army responsibility under Title 10, U.S. Code.

"Providing all of America's sons and daughters who serve in our Army with

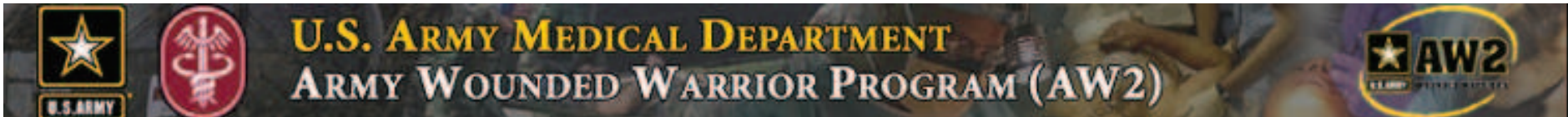
the most capable equipment for the battles they're fighting today and are likely to face in the future are the responsibilities that the Army takes seriously and is committed to accomplishing," said Lt. Gen. Robert P. Lennox, deputy chief of staff G-8 and the Army's chief material integration officer.

The complete 2010 AMS is available at: www.g8.army.mil.



A Soldier evaluates the performance of the Modular Accessory Shotgun System, or MASS. The MASS combines the firepower and features of the M-4 rifle in an over/under design with a 12-gauge shotgun. The MASS allows Soldiers to engage far away targets with the rifle while taking advantage of the versatility in shotgun rounds for targets up close. The MASS is scheduled to be fielded within the next two fiscal years.

Courtesy photo



Official calls Wounded Warriors Report ‘unrepresentative’

By John J. Kruzel, American Forces Press Service

WASHINGTON -- The focus of a New York Times article depicting neglect and suffering endured by a group of wounded Soldiers recovering in an Army program is unrepresentative of the recovery effort at large, the Army surgeon general said today.

Lt. Gen. (Dr.) Eric B. Schoomaker stopped short of calling the article that appeared on April 25 inaccurate, but said the overwhelming majority of Soldiers in warrior transition units are satisfied with the recovery regimen, according to an Army survey.

“I don’t see them as necessarily crafting fiction,” Schoomaker said to Pentagon reporters about the article. “But I do believe that it is wholly unrepresentative of the totality and the context of what we’ve done for warrior care, especially in the last three years.”

Overall, 81 percent of participating Soldiers are satisfied with the program, and about 90 percent of wounded Soldiers recovering at Fort Carson, Colo. - the focal point of the New York Times article -- are satisfied with their warrior transition unit according to the survey, Schoomaker said.

These figures paint a picture in stark contrast to the New York Times report, which the paper said was based on interviews with more than a dozen Soldiers and health care professionals from Fort Carson’s transition unit and reports from other Army posts. The article states that warrior transition units have become “warehouses of despair” for many Soldiers.

The Army surgeon general took umbrage at this portrayal of warrior transition units -- which are responsible for some 9,300 Soldiers -- calling it “a poor characterization” and “almost 180 degrees of the truth.”

Schoomaker was asked specifically to comment on the report’s description of the units as “warehouses of despair, where damaged men and women are kept out of sight, fed a diet of powerful prescription pills and treated harshly by noncommissioned officers.”

“Of all of the descriptions in there, with the exception perhaps of the suffering that individual Soldiers and families have had,” he said, “that sentence alone is among the most offensive to us. And I think it wholly describes a situation that we feel is not present.”

“We welcome you and any member of the press to go out and physically visit warrior transition units,” he continued, “to talk with those Soldiers, to talk with their cadre and to see the larger context of how care is being delivered.”

The article raised concerns about the over-prescription of drugs by doctors and the abuse or misuse of both prescribed and illicit substances. A military official told reporters that 78 incidents of illegal drug use have been recorded at the Fort Carson warrior transition unit since 2008.

“We have concerns about the diversion of prescription drugs that can be used for recreational uses, just as in the nation at large,” Schoomaker said. “That’s a big problem right now across the country. We’re also concerned because illegally obtained drugs can be used as complements to these other drugs.”

Schoomaker said an inspection of warrior transition units by the Army inspector general will be completed soon, and Brig. Gen. Gary Check, commander of Warrior Transition Command, is slated to visit Fort Carson to review policies and practices of their warrior transition unit later this week.

“With 9,300 Soldiers currently in the program, we don’t always get it right,” Schoomaker said. “To that end, we take every criticism and concern seriously and continuously strive to improve our program.”

Therapeutic journaling promotes healing

By Michael J. Cain
Photo credit Department of the Army



Soldiers keep a battlefield journal, based on mental snapshots. The following commentary was written by Michael J. Cain, a freelance writer and volunteer at Fort Bragg, N.C., who teaches therapeutic journaling to Soldiers suffering from post traumatic stress disorder.

Soldiers at Ft. Bragg’s Warrior Transition Battalion are working hard to make good their escape from the battalion. Whether they’re going back to active duty, or planning a return to civilian life, the first order of business is to get well. Among the tools being offered to assist them is a class in therapeutic journaling.

“The feedback I’ve gotten from our social workers is saying, in some cases, it is helpful for Soldiers suffering from PTSD or post-combat stress,” says Maj. Christopher Blais, executive officer of the WTB.

In a journal, Soldiers can vent without fear of retribution, and clear their minds of stressful thoughts and memories. Journaling gives the ability to see one’s thoughts from a new perspective. Once those thoughts appear on paper, they can be observed with a certain detachment, as if they belonged to another. Frequently, this new perspective helps to identify solutions that might not have been so obvious when they were just thoughts. Whether the issues involve anger, guilt, fear or other points of discomfort, one of the things that cause those feelings to swell and fester is that they are kept private.

Loreley Taylor, a clinical psychologist who works with members of the WTB, is a strong advocate of journaling. “I do risk assessment with new members of the WTB. When Soldiers come in, I encourage them to journal, to write about happy things, about their goals, about bereavement.”

Many people think their private thoughts will shock people or lead them to judge, but keeping thoughts too “close to the vest” can lead to an explosive outburst at a later date, which can be regrettable at best and dangerous at worst. Journaling allows one to get deep into the core of an issue, without straining relationships or revealing oneself beyond a certain level of comfort.

People who keep journals develop an enhanced ability to deal with difficult issues. Journaling reduces stress, which helps to improve sleep and strengthen relationships. The journaling experience can be as unique as the person doing it. It can also be adapted to suit individual needs. There are no rules about the proper way to keep a journal; it’s different for every writer. Finding what works for you is a matter of experimenting. Narrative story telling, or dialogue, perhaps interlaced with newspaper or magazine clippings or illustrations, all are tools that can be used.

Buying an expensive journal is not necessary. In fact, many people report better results when they use an

ordinary spiral notebook or legal pad, at least in the beginning. This reduces potential anxiety about feeling the need to write something profound.

Another reason to start out with something that has removable pages is that it makes it easier to throw away anything you’ve written that you’re uncomfortable with. The act of writing about a difficult subject has value, even if you don’t keep it. Knowing that it’s OK to throw it out means you really can write about anything, and if you choose to toss it out, you can always come back to the topic later. The goal of journaling ought to be exploring thoughts and feelings, not beauty and profundity. That may come later, but the first goal is healing.

New Soldiers know, intellectually, there are risks associated with military life, but most don’t consider the risk of the psychological impact of combat. Some develop post traumatic stress disorder, but not everyone does and we don’t know why. Combat stress is unavoidable; there is nothing routine about facing the harshness of a violent attack. A Soldier may be trained to kill, but they’re not bred to kill; training prepares a Soldier to do the job, but can’t always prepare one for the aftermath of that job. It’s how we deal with the aftermath that defines the impact.

All members of the WTB visit regularly with psychiatrists and therapists, where they are encouraged to talk about the things that cause them stress. Not surprisingly, many have a hard time opening up, and frequently talk only about things they believe the doctors want to hear.

A journal can be a place to vent, but more importantly, it is a place where complicated issues can be broken down to component parts. These parts can then be viewed and dealt with individually. Issues can be overwhelming when approached all at once, but little pieces of big issues can frequently be sorted through almost painlessly and before you know it, the big issues have been resolved as well. All of which helps to make molehills out of mountains.

Try it. Take 20 minutes, once a week. Make a list of the things that cause you the most stress. Take an item from that list and see how many elements you can find which contribute to it. After you’ve broken your issue down as far as possible, try to find solutions to the individual elements, rather than the issue itself, and you’ll soon find that what was once overwhelming is now manageable; what was once part of a wall is now a stepping-stone.

Journaling won’t cure PTSD, or resolve all the issues you’ll face when you return from a deployment, but it can help break down the barriers to talking about serious issues. If there is a cure, it’s in the talking.

Supporting Army Soldiers...

(cont. from page 3)

As the IMCOM commander, I am dedicated to embracing these new, exciting technologies and adapting them to continue to be ahead of the curve in supporting Soldier, Civilian, and Family well-being and mission readiness. Each generation of Soldiers brings a valuable, new perspective to the Army. It is up to us to stay in step with communication capabilities that are in synch with a quality of life commensurate with service.

We Are the Army’s Home.

Defender 6



Diet: major piece of Soldier’s health and fitness puzzle

By G. A. Volb, Army News Service

FORT BLISS, Texas -- As Army Chief of Staff Gen. George W. Casey Jr. stresses the Comprehensive Soldier Fitness Program, the U.S. Army Sergeants Major Academy finds itself at the tip of the spear in offering health and fitness insight to its enlisted members.

Senior Army leadership not only wants a broadly-skilled NCO treading the battlefields of tomorrow, but one that is both physically and spiritually fit. The former is a product of fitness regimens designed to enhance Soldier’s ability to withstand the stresses and challenges of today’s real-world operations tempo -- and diet, not surprisingly, is a major piece to the puzzle.

“The food choices you make and when you eat have a direct impact on your energy level, ability to concentrate, overall feeling of well-being and gut function,” said Jennifer Eiland, a dietician and part of the Army Physical Fitness Research Institute’s staff at their USASMA annex. “It also affects your ability to complete an exercise session.”

Casey, it should be noted, is so big on Soldier fitness that he’s made the CSF Program, established in 2009, a priority as the Army tries to focus on the five dimensions of strength: Physical, Emotional, Social, Spiritual and Family. The general’s intent is to increase the strength, resilience and enhance performance of all Soldiers, family members, and Department of the Army civilians. None of it is possible if the old quip, “You are what you eat” makes sense and everyone is shoveling junk food down their necks.

“Diet is extremely important to realizing health and fitness goals,” said the 25-year dietitian from Roy, Utah. “It influences almost three-quarters of the results of our health assessments. It can also influence a person’s aerobic capacity; heavier participants typically have lower V02 or lung efficiency as a result. Mood and alertness are also affected by diet.”

She stressed that eating a diet full of sugar, salt and fat lowers one’s energy level and ability to concentrate, which in turn, can negatively affect school work and a Soldier’s performance.

“It affects chronic disease risk on a number of levels as well,” she offered. “Obesity increases the odds of contracting cancer, diabetes, heart disease and high blood pressure. Excessive sodium intake can increase blood pressure in over two-thirds of the population and risk of stroke and heart attacks according to the latest from the American Heart Association and Centers for Disease Control.”

In a recent letter to the troops, Sgt. Maj. of the Army Kenneth Preston emphasized the need for Soldiers to work on all five areas stressed by the CSF Program; most of which can be affected by diet.

“We want CSF activities to become a part of our daily lives, just as we do physical training every day to build and strengthen the physical dimensions of CSF,” said Preston in his letter. “We want the members of our team to do more than just cope with adversity; we want them to grow from their life experiences.”

“Reflecting on the past eight years of war and our deployment experience in Afghanistan and Iraq, we can now begin to understand the individual health and resilience problems associated with our deployment tempo,” he said. An unhealthy Soldier is less effective,” said Eiland. “A sergeant major’s overall health, including how he or she eats, influences their ability as leaders ... and the influence they have on the health choices of their young Soldiers.”

Eiland pointed out that a prominent group of retired military leaders want junk food taken out of America’s schools because the obesity epidemic, especially in young people, is limiting the number of people who can be recruited into the military, making obesity a national security issue.

On a positive note, she added that many Soldiers have a sincere interest in improving their eating habits.

Portal to standardize Army branding

By E. VanPool, Army News Service

WASHINGTON -- The Army is making its branding tools available through a new portal, scheduled to go live June 7. The U.S. Army Brand Portal will provide in one place Army brand elements such as Army logos, camouflage backgrounds, color palettes, typography, and released Army photography. The site will also provide guidelines on how to use those elements together to ensure consistent Army branding.

Soldiers, Army civilians, Army contractors, or commercial agencies who want to develop Army-themed signs, websites, posters, PowerPoint slides or advertising can visit the site first before embarking on their individual design efforts.

By visiting the site and getting the Army design elements and guidelines from the same place, they can ensure their use of Army branding is consistent with the Army’s own designs -- ensuring a strong “Army brand.” The site provides instructions, even templates, so users can put together their own professional-looking Army-themed products that will be visually consistent with what others are making.

Today, said Robert Strahler of the Army Branding group, there are inconsistencies in how Army branding is being used -- in the use of logos, and colors, for instance.

“Where they get the information and graphics from is different, for instance. So there’s a need, from a real practical side, to put it all this in one place,” he said,

The Army has spent considerable money and effort to develop branding elements like the Army logo, the gold-framed star, use of universal camouflage pattern as a design element, or selection of the color schemes and typefaces that many now associate with the U.S. Army, Strahler said. Maintaining those associations in people’s minds, and strengthening them, is central to Army brand development.

Strahler said when developing an Army-themed presentation slide, newspaper ad, or flyer for a unit function, for instance, using the same colors, typefaces and graphics as others might “seem like a small thing, in some cases it is a small thing, but once you start to allow your brand to become diluted -- not controlled -- where does it stop?” Right now, Strahler said, the U.S. Army Brand Portal will focus on supporting accessions command -- Army recruiting.

“If you’re a recruiter on a college campus, a novice who knows a little about design, or a fairly skilled designer -- everything on there will be of that professional quality that you can use to do an ad and put it in Sports Illustrated,” he said. “We have a very robust user manual and there is going to be tutorials put on there as well, so you should be able to go on there and develop whatever you need.”

The next version of the portal will include information for commercial agencies to license use of Army logos for commercial use. Also in the future could be the addition of video, audio and music elements to help standardize audio/visual presentations. The new portal is scheduled to go live June 7 at usarmybrandportal.com.

“A good majority tend to eat more meat and fewer fruits and vegetables than is considered optimal for good health,” said Eiland. “Including more whole grains and less processed foods is also an area I frequently discuss with Soldiers. Sugary beverages seem to be a favorite as is eating fast food and microwave meals given their busy schedules. However, if dietary changes are presented in a practical and doable way to them, most will make changes.”

The major challenges, according to the dietitian, are getting organized and planning ahead.

“Enlisting uncooperative family members, finding time to cook their own meals and changing an old mindset are also challenges,” she said.

AFAP addresses Army families’ needs and concerns

By Camilla Weeks, 470th MI Brigade
Family Readiness Support Assistant



Photo credit Gregory Ripps: Family members can ask questions during town hall meetings, but they can raise issues or state concerns anytime through their unit’s Family Readiness Support Assistant so they can be addressed by the Army Family Action Plan.

FORT SAM HOUSTON, Texas -- Army families that have issues have an avenue at hand for resolving them through the Army Family Action Plan program.

The AFAP program was created in 1983 with the advent of the first AFAP Planning Conference. In 1984, during the Year of the Army Family, the first AFAP was published as a program to help the Army address the needs and concerns of its families. Its creation helped the Army recognize the importance of Army families today.

AFAP allows every sector of the military to have a voice in raising quality well-being concerns to leadership. Some issues are dealt with at the local level while others are forwarded to higher commands for resolution.

AFAP is a vehicle for providing input from the people of the Army to Army leadership. It’s a process that lets Soldiers and families say what’s working, what isn’t and what they think will fix it. It alerts commanders and Army leaders to areas of concern that need their attention and gives them the opportunity to put plans quickly into place to work toward resolving the issues.

Army Vice Chief of Staff Gen. Peter W. Chiarelli told last January’s AFAP conference that the Army continues to focus on strengthening Soldiers and families to meet the challenges of a long war with repeated deployments.

“The ‘big idea’ is that we want to move from treating medical and behavioral issues after the fact to where we are assessing potential issues and building Soldier and family resilience,” said Chiarelli.

At the same conference, Lt. Gen. Rick Lynch, commander of Installation Management Command, also spoke about the Army Family Covenant, which the Army unveiled in 2007 to institutionalize the Army’s commitment to providing Soldiers and families - active, guard and reserve - a quality of life “commensurate with their quality of service.”

“We are delivering the Army Family Covenant with a focus on five specific areas,” said the general.

“Standardization and funding of existing programs and services; increasing accessibility and quality of health care; improving Soldier and family housing; ensuring excellence in schools, youth services and child care; and expanding education and employment opportunities for family members.”

At an April meeting, Lynch attended, 15 specific issues were addressed. He said it appeared two-thirds could be closed. He emphasized that the AFAP program was a great forum to raise issues that can be resolved at a lower level and to forward to the appropriate higher level those that can’t be resolved at a lower level.

Army family members are encouraged to contact their unit’s Family Readiness Support Assistant with their needs and concerns so that the AFAP program can address them.



Marijuana-Like Substance Causing Concern among Law Enforcement Agencies in the US

By Myrna M. Llanos
ASAP Prevention Education Coordinator

YOUR ARMY SUBSTANCE ABUSE PROGRAM (ASAP) INFORMS:



Spice is a brand name for a mixture of herbs that has been sold in smoke shops in Europe, Canada, and other parts of the world since around 2002, purportedly as an incense, as well as over the Internet as an “herbal smoking blend,” with the disclaimer “not for human consumption, for aromatherapy use only.” Law enforcement agencies are suddenly paying attention to the mostly green, leafy substance, which looks like cooking herbs or potpourri. It smells like regular tea leaves. It is also known as “Scary Spice” or “K2.” Some have described it as “stinky,” like bad incense.

According to the Drug Enforcement Administration, “Spice” or “K2” is a type of drug that is typically a concoction of chemicals sprayed onto incense then smoked. DEA officials say at \$30-45 a package, the drug may have effects similar to marijuana, and can also bring on hallucinations. They say it is legal to buy, and says not for consumption on the packaging.

A German government risk assessment of the product conducted in November 2008 concluded that it was unclear what the actual plant ingredients were, where the synthetic tocopherol had come from, and whether the subjective cannabis-like effects were actually produced by any of the claimed plant ingredients or instead might possibly be caused by a synthetic cannabinoid drug. Upon further analysis it was reported in a German toxicology report that there were some harmful effects of Spice. Although not containing the same additives, a three gram package of Spice is said to have the same health effects as a pack of cigarettes.

K2, developed in Europe, is becoming a big problem in the United States because it is being sold as a legal high and is marketed to young people. It does not show up on drug tests, which is a big reason teenagers seek out the “legal weed.” Its sale has been banned in Kansas, and legislation is being considered in states including Georgia, Utah, Missouri, Tennessee, Kentucky, North Dakota and Illinois, according to published reports.

Substance-abuse professionals are worried about K2’s availability to young people. It comes in flavors like bubble gum and blueberry. The effects have been reported to be headaches, hallucinations, delusions, intestinal problems



with nausea and vomiting. These symptoms can become so severe that the person can’t move. Other reports have been that the person can’t remember what happened while under the effects of this substance. They say that it felt like a dream. Users describe it as going “in and out” of consciousness, like a blackout, and when they come out of it, it seems to them as if waking up from sleep. Another big worry is that people are using these drugs and driving. It’s a very large risk to take because people are putting things in their bodies that are so potent, they can hurt themselves and others, without realizing it. Emergency medical personnel are trying to stay updated on what to look for and how to treat the symptoms.

Consuming K2 is risky because its manufacturers are unregulated, so users don’t know what is in the mix. This is very scary. (Why it’s also called “Scary Spice”) The talk of a “bad trip” shows the dangers of using something that the source of it or the potency is unknown.

Note: Some of the information from this article was obtained from Wikipedia and articles from the ACSAP website. If you have a question about this article or about substance abuse, please e mail me at myrna.llanos@us.army.mil or call (787) 707-3125.



CID warns of Internet romance scams

By U.S. Army Criminal Investigation Command

FORT BELVOIR, Va. -- Special agents from the U.S. Army Criminal Investigation Command are warning the American public to be vigilant of Internet scams and impersonation fraud -- especially those promising true love, but only end up breaking hearts and bank accounts.

According to Army agents, CID is receiving frequent reports of various scams involving persons pretending to be U.S. Soldiers, who get romantically involved on the Internet with female victims and prey on their emotions and patriotism.

“We are seeing a number of scams being perpetrated on the internet, especially on social, dating-type websites where females are the main target,” explained Chris Grey, Army CID’s spokesman.

The criminals are pretending to be U.S. servicemen, routinely serving in Iraq or Afghanistan. The perpetrators will often take the true rank and name of a Soldier who is honorably serving his country somewhere in the world, marry that up with some photographs of a Soldier off of the internet, and then build a false identity to begin prowling the internet for victims.

The scams often involve requests for money from the victim to purchase “special laptop computers,” international telephones and transportation fees to be used by the “deployed Soldier,” so their fictitious relationship can continue. The scams include asking the victim to send money, often thousands of dollars at a time, to a third party address so the phone or laptop can be purchased for the Soldier.

Once hooked, the criminals continue their ruse.

“We’ve even seen instances where the perpetrators are asking the victims for money to “purchase leave papers” from the Army or help pay for their flight home so they can leave the war zone,” said Grey.

These scams are outright theft and fraud and are a grave misrepresentation of the U.S. Army and the tremendous amount of support programs and mechanisms that exist for Soldiers today, especially those serving overseas, said Grey.

Army CID is warning people to be very suspicious if they begin a relationship on the internet with someone claiming to be an American Soldier and within a matter of weeks, the alleged Soldier is asking for money or marriage.

Many of these cases have a distinct pattern to them, explained Grey. “These are not Soldiers, they are thieves.”

The perpetrators often tell the victims that their units do not have telephones or they are not allowed to make calls or they need money to “help keep the Army internet running.”

“We’ve even seen where the crooks said that the Army won’t allow the Soldier to access their personal bank ac-

counts or credit cards,” said Grey.

All lies, according to CID officials. “These perpetrators, often from other countries, most notably from Ghana, Angola and Nigeria, are good at what they do and quite familiar with American culture, but the claims about the Army and its regulations are ridiculous,” said Grey.

To date there have been no reports to Army CID indicating any U.S. service-members have suffered any financial loss as a result of these attacks. Photographs and actual names of service-members have been the only thing utilized. On the contrary, the victims have lost thousands.

The U.S. has established numerous task force organizations to deal with this and other growing issues; unfortunately, the personnel committing these scams are utilizing untraceable email addresses on “gmail, yahoo, aol,” etc., routing accounts through numerous locations around the world, and utilizing pay-per-hour Internet cyber cafes, which often times maintain no accountability of use. The ability of law enforcement to identify these perpetrators is limited, so individuals must stay on the alert to protect themselves.

What to look for:

- If you do start an Internet-based relationship with someone, check them out, research what they are telling you with someone who would know, such as a current or former servicemember.
- Be very suspicious if you never get to actually speak with the person on the phone or are told you cannot write or receive letters in the mail. Servicemen and women serving overseas will often have an APO or FPO mailing address. Internet or not, servicemembers always appreciate a letter in the mail.
- Be extremely suspicious if you are asked for money for transportation costs, communication fees or marriage processing and medical fees.
- Many of the negative claims made about the military and the supposed lack of support and services provided to troops overseas are far from reality -- check the facts.
- Be very suspicious if you are asked to send money or ship property to a third party or company. Often times the company exists, but has no idea or is not a part of the scam.
- Be aware of common spelling, grammatical or language errors in the emails.

Note: To report the theft to the Federal Trade Commission, call 1 (877) ID-THEFT (438-4338) or contact the FTC online at www.ftc.gov/idtheft. Or contact the CID at www.cid.army.mil or the Internet Crime Complaint Center at www.ic3.gov/default.aspx.



Revised ‘Online’ Coupon Policy Strengthens PX Benefits at Ft. Buchanan

By Grace M. Fuentes
AAFES Public Affairs

Puerto Rico – With a simple click of the mouse, saving at the Post Exchange (PX) is easier than ever before thanks to a decision to accept manufacturers’ online coupons.

“Frankly, the economy has spurred increased interest in electronic coupons,” said General Manager Rick Mora. “This, combined with industry projections showing ‘online’ offers accounting for 8.7 percent of all coupons sent out in 2010, made it necessary to find a way to let shoppers at Fort Buchanan apply some of the estimated \$12.7 billion in savings said to be out there to purchases made at the PX.”

Sites and services that offer manufacturer coupons range from companies’ own websites to online discount portals. What a manufacturer’s coupon says actually takes priority over its source as the Army & Air Force Exchange Service requires the words “manufacturer coupon,” a bar code, expiration date, redemption address, usage policy and stated face value to all appear on the coupon in order to redeem it.

In most instances, the PX’s new coupon policy even allows for one manufacturer’s coupon to be combined with an AAFES-issued coupon for the same item.

“Unless either offer specifically prohibits a combined discount, coupons available through AAFES’ Mobile Marketing service or sale fliers can be combined,” said Mora.

Some things just get better with age. Such is the case for the nearly 115-year-old exchange benefit Soldiers, and their Families, have come to depend on. From coupon clipping to discount clicking, online, email and text message coupon acceptance, combined with tax-free shopping, is helping ensure the exchange benefit at Fort Buchanan is no “limited time offer.”

The Army & Air Force Exchange Service is a joint command and is directed by a Board of Directors which is responsible to the Secretaries of the Army and the Air Force through the Service Chiefs of Staff. AAFES has the dual mission of providing authorized patrons with articles of merchandise and services and generating non-appropriated fund earnings as a supplemental source of funding for military Morale, Welfare and Recreation (MWR) programs.

Military Pathways Available for Service Members

By: Peter Graves, FHP&R

FALLS CHURCH, Va. – The Psychological Health division of the Office of the Deputy Assistant Secretary of Defense for Force Health Protection and Readiness (FHP&R) today reminded members of the military community that mental health and education resources are available through Military Pathways. Information can be accessed by visiting the Military Pathways Web site at www.militarymentalhealth.org or by calling toll-free, 1-877-877-3647.

Military Pathways is a joint effort coordinated and administered by the Department of Defense (DoD) and the Massachusetts-based non-profit organization Screening for Mental Health. The service provides free, anonymous mental health self-assessments for family members and service personnel in all branches, including the National Guard and Reserve. The self-assessments are a series of questions that, when linked together, help create a picture of how an individual is feeling and whether they could benefit from talking to a mental health professional.

The primary goals of the program are to reduce stigma, raise awareness about mental health and connect those in need to available resources.

Army Employs Lean Six Sigma Downrange to Help Cut Costs

The Army has incorporated the principles of Lean Six Sigma (LSS) into its sustainment operations. LSS combines the principles of Lean - reducing and eliminating non-value activities - with Six Sigma - reducing variation and increasing quality - to improve process effectiveness and alignment with customer requirements.

The Army adopted LSS in 2005 for improving processes to gain efficiencies and effectiveness. Currently, the Army is supported by the Lean Six Sigma Program Management Office, within the newly created Office of Business Transformation (OBT). The OBT and Dr. Joseph Westphal, the Army chief management officer, have embarked upon one of the largest enterprise-wide deployments of LSS in an effort to institutionalize the tenets of continuous process improvement.

What has the Army done? LSS has supported the Army in theater with assets, primarily master black belts - senior level specialists - since early fall 2009. U.S. Forces face many logistical challenges with the drawdown in Iraq and the subsequent build-up of forces in Afghanistan. The Army is responsible for millions of resources shipped to and from the area of operations. With the removal of billions of dollars in resources from Iraq, the simultaneous demand for resources in Afghanistan, and constraints in transportation and storage space, the Army needed and recruited LSS analysts to seek the most efficient and effective processes possible.

What continued efforts does the Army have planned for the future? The Army has tasked the LSS team to increase the velocity and throughput of materiel and personnel in theater. LSS improves the effectiveness of the fighting force by focusing on the needs of the warfighters. By eliminating friction points and improving flow, resources are then freed up and costs reduced. It’s a win-win model that is expected to deliver billions in cost savings and avoidance in 2010.

Why is this important to the Army? On the battlefield, processes are continually evolving and the data is constantly updated. The LSS methodology could identify billions of dollars that could be redirected to support Soldiers and Families across the Army. In 2009 Commanders and staffs in theater reported a \$3.8 billion cost-avoidance and savings, due in large part to the LSS methodology and their commitment to resource informed decision making. 2010 is the first year since the start of Operation Iraqi Freedom in 2003 that costs decreased from the previous year.

Federal Voting Assistance Program

Military and Overseas Voters, Submit your Ballot Request for the June, July and August State Primaries!

The following States will hold Primary Elections during the months of June, July and August 2010 on the dates indicated: June 1, 2010: Alabama, Mississippi, New Mexico June 8, 2010: California, Iowa, Maine, Montana, Nevada, New Jersey, North Dakota, South Carolina, South Dakota, Virginia June 22, 2010: Utah July 20, 2010: Georgia July 27, 2010: Oklahoma August 3, 2010: Kansas, Michigan, Missouri August 5, 2010: Tennessee August 10, 2010: Colorado, Connecticut, Minnesota August 17, 2010: Washington, Wyoming August 24, 2010: Alaska, Arizona, Florida, Vermont August 28, 2010: Louisiana (1st Party Congressional)

Register and Request Your Ballot Now!

All members of the U.S. Uniformed Services, their family members and citizens residing outside the U.S. who are residents from these States and have not yet submitted a registration and ballot request (FPCA) for the 2010 calendar year, should do so as soon as possible. The FPCA ballot application and instructions for the above States are available at www.fvap.gov/FPCA.

Stay Safe During Earthquake

By Angel Vazquez
DPTMS Operation Specialist

Stay as safe as possible during an earthquake. Be aware that some earthquakes are actually foreshocks and a larger earthquake might occur. Minimize your movements to a few steps to a nearby safe place and if you are indoors, stay there until the shaking has stopped and you are sure exiting is safe.

If indoors:

- * DROP to the ground; take COVER by getting under a sturdy table or other piece of furniture; and HOLD ON until the shaking stops. If there isn’t a table or desk near you, cover your face and head with your arms and crouch in an inside corner of the building.

- * Stay away from glass, windows, outside doors and walls, and anything that could fall, such as lighting fixtures or furniture.

- * Stay in bed if you are there when the earthquake strikes. Hold on and protect your head with a pillow, unless you are under a heavy light fixture that could fall. In that case, move to the nearest safe place.

- * Use a doorway for shelter only if it is in close proximity to you and if you know it is a strongly supported, load bearing doorway.

- * Stay inside until the shaking stops and it is safe to go outside. Research has shown that most injuries occur when people inside buildings attempt to move to a different location inside the building or try to leave.

- * Be aware that the electricity may go out or the sprinkler systems or fire alarms may turn on.

- * DO NOT use the elevators.

If outdoors:

- * Stay there.

- * Move away from buildings, streetlights, and utility wires.

- * Once in the open, stay there until the shaking stops. The greatest danger exists directly outside buildings, at exits and alongside exterior walls. Many of the 120 fatalities from the 1933 Long Beach earthquake occurred when people ran outside of buildings only to be killed by falling debris from collapsing walls. Ground movement during an earthquake is seldom the direct cause of death or injury. Most earthquake-related casualties result from collapsing walls, flying glass, and falling objects.

If in a moving vehicle:

- * Stop as quickly as safety permits and stay in the vehicle. Avoid stopping near or under buildings, trees, overpasses, and utility wires.

- * Proceed cautiously once the earthquake has stopped. Avoid roads, bridges, or ramps that might have been damaged by the earthquake.

If trapped under debris:

- * Do not light a match.

- * Do not move about or kick up dust.

- * Cover your mouth with a handkerchief or clothing.

- * Tap on a pipe or wall so rescuers can locate you. Use a whistle if one is available. Shout only as a last resort. Shouting can cause you to inhale dangerous amounts of dust.

Source: http://www.fema.gov/hazard/earthquake/eq_during.shtm

4th of July Fireworks Safety

Fireworks safety while celebrating the 4th of July: .. A bucket or other container of water should be readily accessible when using fireworks.

.. Teach children to “stop, drop and roll” if their clothes catch fire.

.. Read fireworks label’s and carefully follow directions.

.. Never throw fireworks at another person.

.. Never place your face or any other body part over fireworks.

.. Never try to re-light fireworks that malfunction.

.. Never carry fireworks in your pocket.



U.S. ARMY RESERVE
1st MSC
FORT BUCHANAN, PUERTO RICO

PRIMEROS



A PROUD AND READY FORCE

PRimeros in the News

Stories and Photos by: Sgt, 1st Class Alfonso Flores, PAO, 1st MSC

Phillip Connelly Competition



Pvt. 1st Class Jose A. Nieves and Sgt. Agustin Acevedo prepare a scrumptious lasagna as part of the competition.

The 311th Quartermaster Company was selected to represent the 1st MSC in the prestigious Philip A. Connelly competition. The Philip A. Connelly Awards Program was established on 23 March 1968 to recognize excellence in Army Food Service. The Program is named for the late Philip A. Connelly, former president of the International Food Service Executives Association (IFSEA), who was responsible for obtaining IFSEA's sponsorship for the event. The Army Reserve competes only in the Field Kitchen category and they are evaluated on preparing and serving food to soldiers in a tactical environment. Nominees are submitted by all USARC Direct Reporting commands to compete in the USARC level of the competition. Winners from the different regions are selected from the USARC competition to compete at DA level, which is the final level for the Connelly. The USARC evaluation team conducted the 311th's evaluation on Saturday, 22 March 2010 in Base Ramey, Aguadilla, PR. Good Luck to the 311th, we know that the 1st MSC is well represented!

Welcome Home Warrior Citizen Award Ceremony

The Welcome Home Warrior Citizen Award Ceremony is approved by Congress to recognize the service of Warrior Citizens of the United States Reserve who have been mobilized in support of contingency operations or deployed to the theaters of war in Iraq or Afghanistan.

On 22 May 2010, eighteen Soldiers of the 276th Maintenance Company from Juana Diaz and one Soldier of the 1st Mission Support Command were honored in the Leopoldo Figueroa Room of the Puerto Rico Commonwealth Senate at the Capitol building in San Juan after being deployed for one year in Iraq.

Present at the ceremony were Senator Lucy Arce, U.S. Army Reserve Ambassador Horacio Cabrera, Brig. Gen. Fernando Fernandez, Commanding General of the 1st Mission Support Command, family and friends as well as other high military officials representing the U.S. Army Reserve Command.

Each Soldier and spouse was presented a flag, coin and pin commemorating their deployment in support of our Nation's security agreements and relationship with the government of these two countries.

Street Dedication Ceremony



(left to right) The Honorable Francisco Lopez, mayor for the city of Barranquitas, Elsa Nydia Lopez (mother), Iris Janet Rios (widow), Mr. Sixto Luna (father), Natasha Luna Vega (daughter), Amanda Cruz (niece), Adriana Cruz (niece) and bottom center Carlos J. Luna Rios (son) stand next to the sign that renames the street in honor of Juan C. Luna.

On 14 May 2010 a very emotive street naming dedication ceremony was held in the city of Barranquitas, PR. The name this street will bare for ever is the name of former 273rd MCT Det. Specialist Juan Carlos Luna Lopez. Spec. Luna passed away last year during pre-mobilization training at Fort Dix, New Jersey. The honorable Mayor of Barranquitas, Francisco (Paco) Lopez, family members, friends as well as Soldiers of the 273rd and members of the Barranquitas and Guaynabo Municipality Police were present at the ceremony.



Soldiers from the 276th Maintenance Co. stand to be recognized in a well deserved Welcome Home Warrior Citizen Award Ceremony held at the Capitol building in San Juan.

1st MSC wins ACOE Award



Gen. George W. Casey, Jr. Chief of Staff of the Army displays an athletic shirt presented to him by Brig. Gen. Fernando Fernandez, Master Sgt. Reinaldo Nieves and Command Sgt. Maj. Marcial Felix during the Army Communities of Excellence Award Ceremony.

Sponsored by the Chief of Staff of the Army and overseen by the Assistant Chief of Staff for Installation Management, the Army Communities of Excellence (ACOE) Program recognizes excellence in installation management. The program encourages and rewards installations that optimize their environments and demonstrate a commitment to facility as well as service excellence. With the concept of continuous improvement as a guide to achieving exceptional customer service and satisfaction, the ACOE program encourages and acknowledges installations' commitment to excellence.

The ACOE Award honors the top Army, National Guard, and Reserve installations that have achieved levels of excellence in building a high quality environment, outstanding facilities, and superior services. During a year-long process, ACOE applicants are assessed and evaluated against Army priorities and Malcolm Baldrige National Quality criteria. Installation ACOE staff undergo extensive training to assist with review and scoring of applications, and site visits.

The program kicks off with the training necessary to ensure adherence to Army priorities, as identified in the Army Campaign Plan, and consistent understanding and application of the Baldrige criteria. A review board performs an assessment of application qualifications followed by site visits where Department of Army Officers and Civilian examiners review and score applications. Thereafter, an ACOE judge's panel comprised of CEOs, Industry Presidents, and Baldrige experts perform final validation and recommend award recipients.

The ACOE process wraps up with the Office of the Judge Advocate General's legal review and the Chief of Staff Army final approval. Installation winners receive professional recognition and monetary awards to invest in improving their respective installations.

All competing installations, regardless of size or mission, are directly evaluated against the Baldrige Criteria. The feedback provided through the assessment process offers valuable insight into the state of the installation and highlights areas for continued improvement.

The ACOE program builds on organizational knowledge and encourages a change in perspective, from what is minimally essential to what is optimally possible to support

Soldiers, Families and Army civilians who live, work, train, and play on Army installations. The Army is proud of the faces of installation excellence for award year 2010, and showcases the ACOE Award winners as benchmarks for quality for all installations.

PRimeros in the News

Stories and Photos by: Sgt, 1st Class Alfonso Flores, PAO, 1st MSC

First Mission Support Command has its Commanding General!



Mrs. Aida E. Miranda, proud mother, pinning the rank of Brigadier General on her son, Fernando Fernandez, as his brother Eduardo Fernandez and Brig. Gen. Jon J. Miller, Acting Deputy Commanding General, U. S. Army Reserve Command watch and enjoy the moment. Newly promoted Brig. Gen. Fernando Fernandez reaches the highest level of senior leadership of the Army Reserve in Puerto Rico after being promoted to general officer in an exceptional career that saw him joining the Army Reserve as a Second Lieutenant 27 years ago.

Soldiers in Historical Reenlistment



Sixty Soldiers in the U.S. Army Reserve were honored on 23 April 2010 in the fifth annual National Capitol Reenlistment Ceremony on Capitol Hill to mark the U.S. Army Reserve's 102nd anniversary.

Among the Soldiers reenlisting were a Silver Star recipient, combat veterans, a Hurricane Katrina volunteer, an expectant mother and two Puerto Rican Soldiers from the 1st MSC. Sgt. Yaritza Rolon from the 390th Transportation Co. and Sgt. Jose Nieves from the 35th Signal Battalion had the honor of re-enlisting in this historical ceremony. In the days prior to the ceremony, the 60 Soldiers and their families toured the Pentagon, the U.S. Capitol, the Library of Congress, and witnessed a wreath laying ceremony at Arlington National Cemetery.

The Reenlistment Oath was read by Lt. Gen. Jack C. Stultz, Chief U.S. Army Reserve who personally recognized each and every Soldier along with the Command Sgt. Maj. of the Army Reserve, Michael D. Schultz and the Honorable Senator of Alaska.

"By re-enlisting, these Soldiers demonstrate their commitment to our nation and their communities, and they show the selfless service and personal courage required to protect our way of life and keep all of our families safe," Stultz said. "As part of the next generation of Army Reserve leadership, they will ensure our ability to shape the force to meet the security challenges of the future."

Marriage & Singles enrichment conference



The Strong Bonds Chaplain Office conducted the first Strong Bonds Mega event where for the first time ever in the US Army Reserve the Marriage (above) and Singles (below) Soldiers Conference were held in the same Place. "This event was a challenge but once again the 1st MSC Chaplains and Chaplains Assistants demonstrated what they do best, serve and spiritually guide our Soldiers and their Families". Staff Sgt. Jose A. Castro, NCOIC, 1st MSC Strong Bonds Office.



1st MSC Soldiers train as Unit Victim Advocates



On 28 May 2010, the 1st Mission Support Command certified twenty Soldiers as Unit Victim Advocates (UVA). Sgt. 1st Class Michael Horwath, Sexual Assault Prevention and Response Military Trainer from Ft Hood, Texas, provided the course. Mrs. Shirley Whitmire from USARC, G1 was also present to provide information on the SAPR Program for the Army Reserve. The UVA's are appointed on orders by each battalion commander and trained to perform collateral duties in support of victims of sexual assault. UVAs are supervised in the performance of their duties by the Sexual Assault Response Coordinator (SARC). Ms. Norma E. Rivera is the 1st MSC SARC and responsible to ensure Victims receive appropriate support services and that the Program is managed effectively. The 1st MSC will continue providing this type of course until each unit from the command has a certified UVA capable of immediately responding to a sexual assault incident.



U.S. ARMY RESERVE
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PRIMEROS



Two Retire and Two Re-enlist

The Army Reserve Careers Division presented Sgt. 1st Class Noel Lopez and Staff Sgt. Hugo Velez with the Meritorious Service Medal during their retirement ceremony. Both Soldiers were assigned as Army Reserve Career Counselors for Region 5; each with over 25 years of faithful service.

The medals were presented by the Commander of the Army Reserve Careers Division Region 5, Lt. Col. Timothy Washington.

Washington also had the honor to administer the oath of enlistment to Staff Sgt. Noel Nieves and Sgt. Luis A. Ramirez both assigned to the 390th Transportation Co., 1st MSC, Ceiba, PR.

(Left) Sgt. 1st Class Noel Lopez and Staff Sgt. Hugo Velez receive Meritorious Service Medals as they retired with over 25 years of military service.

(Right) Lt. Col. Timothy Washington administers the oath of enlistment to Staff Sgt. Noel Nieves and Sgt. Luis A. Ramirez, both Soldiers have already served 20 years in the US Army Reserve.

(Story by: MSG Robert W Serrano, USAR ARRTD RTD)



311th QM Co participates in field training exercise at Ramey Airfield



(Top Photo) The field training exercise joined Soldiers of the 311th Quartermaster Co. with the 49th Group, 111th Quartermaster and 54th Quartermaster, and Guardsmen from the 218th BSB from Varnville, SC. (Photo Below from L to R) - Pvt. 1st Class Oscar Ramos, PFC Jan P. Ducos, SSG Oscar Mendez, Pvt. Diego Velez pay close attention to Sgt. 1st Class Adan Flores, trainer from the 54TH Quartermaster Co. as he explains the procedures for processing and decontaminating remains.



From 16 to 20 May, the 311th Quartermaster Company (Mortuary Affairs) participated in Exercise Wind Storm 2010.

The Joint Consequence Management Response Mission exercise is designed to train Soldiers to manage Mortuary Affairs Decontamination Collection Points (MADCP).

The Mission for the 311th QM Co is to prepare and execute a Consequence Management Response Scenario and establish, operate and maintain mortuary affairs decontamination collection points. Also, they must conduct evacuation operations for deceased U.S. Military personnel and U.S. civilians, dispose of personal effects and maintain essential records and reports.

During this very demanding mission, the 311th must be able to process 20-24 contaminated remains per 24 hour period and conduct alternate operations to operate 2 MADCP with the ability to process 40 non contaminated remains in a 24 hour period.

Also augment the local coroner in processing recovered remains and be able to store

3000 gallons of water used for decontamination, store 3000 gallons of contaminated water, store 15 processed remains, 15 non processed remains and be able to mass storage 200 remains as per Joint Task Force Commander.

All this training goes hand in hand with the National Security which mission is to assist with a catastrophic mass casualty incident in the United States and its territories caused by a Chemical, Biological, Radiological, Nuclear, Explosive threats event.

ESGR Activity

An ESGR luncheon in honor of PR industries and companies that employ Soldiers of the Guard and Reserve was celebrated on May 14, 2010 at Ramos Hall, Fort Buchanan. The event was attended by heads of major industries who reaffirmed their affiliation and compromise to employ Soldiers. In the photo, Brig. Gen. Fernando Fernandez, 1st MSC Commander explains the capabilities of the Multi Channel Tactical Satellite Phoenix Terminal which works with both military and commercial satellites to ESGR members.

Photo by Cpt. Anthony John

